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ABSTRACT

This program guide for physical education program improvement and development is designed to offer options for organization, program content, resources, teaching methodologies, and evaluation, consistent with efforts of individualizing and humanizing education. Topics considered include: legal mandates and philosophy; public relations; organization; administration; equipment guidelines; program safety; evaluation; instructional program design; program content grades K-12; physical fitness; adapted physical education; perceptual motor programs; elective programs; intramural programs; extramural programs; interscholastic programs; and school and community programs. (MM)

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ED 134587

**MOTION AND DIRECTION  
PHYSICAL EDUCATION CURRICULUM GUIDE  
GRADES K-12**

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EDUCATION & WELFARE  
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SP 10 775

1976

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## FOREWORD

PHYSICAL activity engaged in by the individual contributes materially to one's growth, development, and well-being. One who has acquired skills in and an appreciation for physical activity is inclined to be active throughout life. Consequently, the Indiana Department of Public Instruction and the Indiana State Board of Health have promoted, encouraged, and supported quality programs of physical education for school-aged boys and girls throughout the years.

In carrying out the legal and professional obligations and responsibilities in physical education, the Indiana State Board of Health and the Indiana Department of Public Instruction have cooperated in providing educational assistance. Guided by sound educational philosophy and concepts the agencies have worked with local school cooperations, colleges and universities, the Indiana Association for Health, Physical Education, and Recreation, and other related professional organizations.

The curriculum guide *Motion and Direction* is further evidence of concern for the organized physical education program. The guide is available for use by classroom teachers, special education teachers, physical education teachers, and administrators working with students in grades K-12.

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## **INTRODUCTION**

*J*T is the purpose of this guide to present a framework and serve as a motivator for local schools to develop the best possible physical education instruction by evaluating present local programs in terms of students' needs, successes, and performance abilities; thereby adapting, modifying, and strengthening the program wherever the need exists.

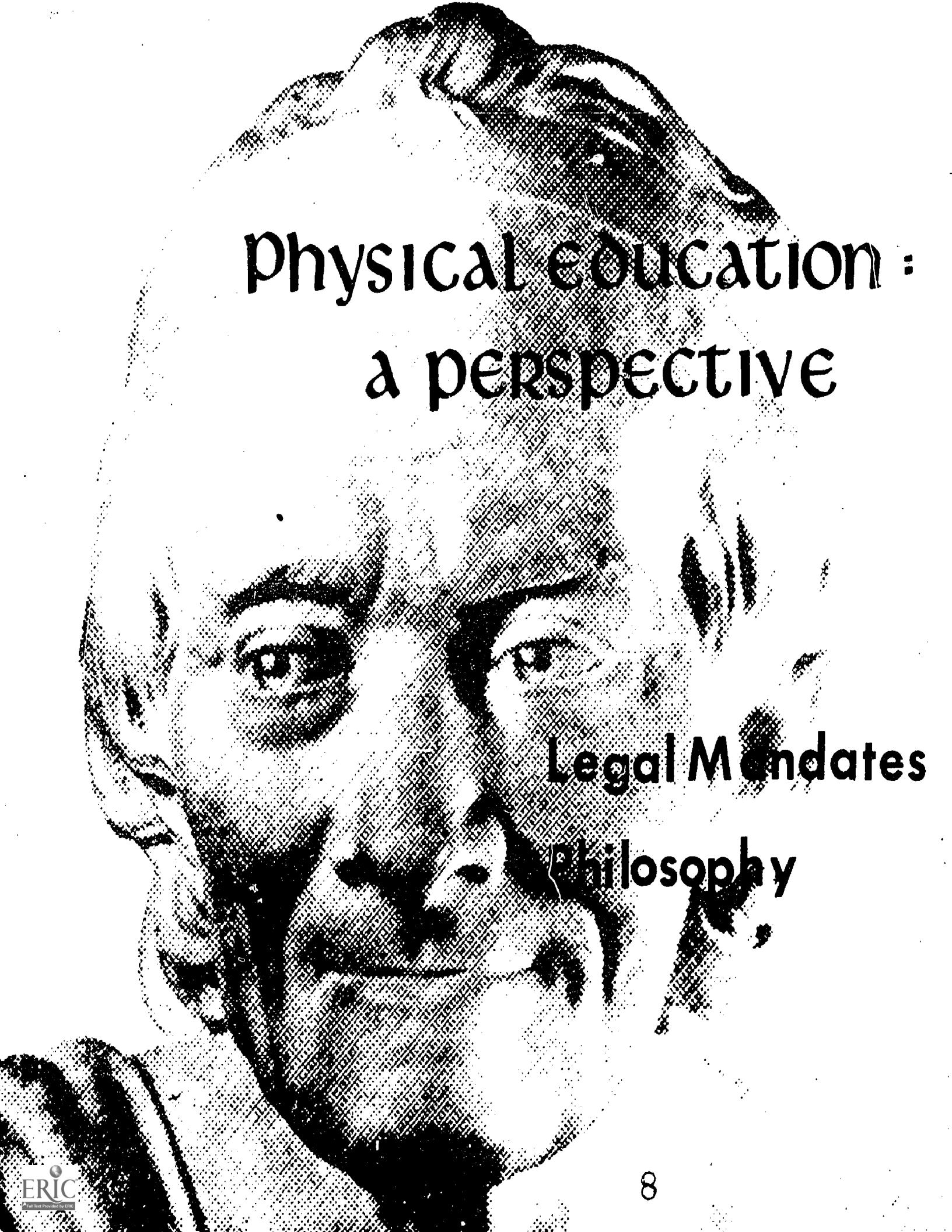
*J*HIS guide can be used by administrators, classroom teachers, and physical education specialists at either the elementary or secondary levels.

*J*T is designed to offer options to organization, program content, resources, teaching methodologies, and evaluation, consistent with efforts of individualizing and humanizing education.

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# **physical education a perspective**

**Legal Mandates**

**Philosophy**

## LEGAL MANDATES

### Federal Regulations . . .

The Department of Health, Education and Welfare has published an implementing regulation for Title IX of the Educational Amendments of 1972, which prohibits sex discrimination in Federally-assisted educational programs. Specifically, Title IX states:

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance. . ."

While generally prohibiting sex segregated physical education classes, the regulations do allow separation in classes during competition in wrestling, basketball, football, and other sports involving body contact. Regulations also require the use of standards for measuring skill or progress in physical education classes which do not adversely affect members of one sex.

*Final Title IX Regulation Implementing Education Amendments of 1972 U.S. Dept. of HEW, Washington, D.C., June, 1975.*

### Indiana Commission on General Education

The Commission on General Education requires that an adequate gymnasium or physical education facilities shall be available and scheduled for regular instructional use. In compliance with

guidelines established, school districts are directed to institute programs which are adapted to the ages and capabilities of pupils in both the elementary and secondary grades.

## PHYSICAL EDUCATION IS . . .

a process that contributes to the development of the individual through the natural medium of physical activity—human movement

while . . .

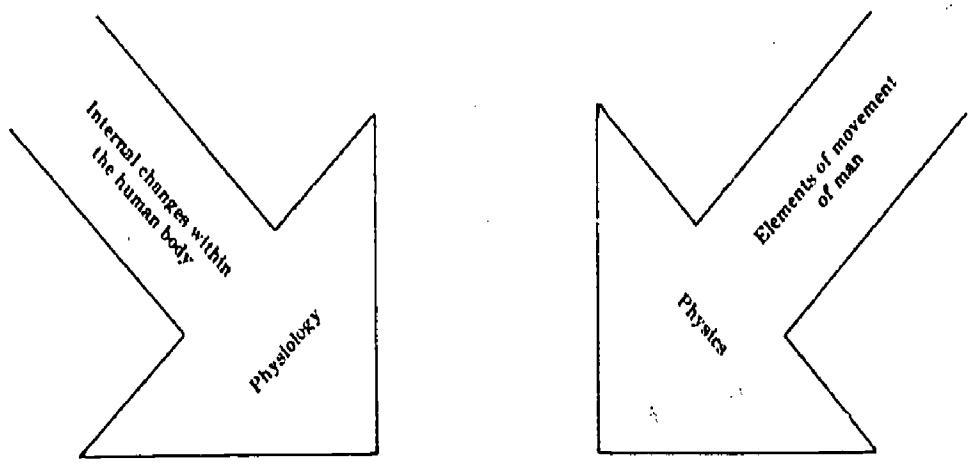
recognizing the unique characteristics of children—physical, mental, emotional, and social.

## Research

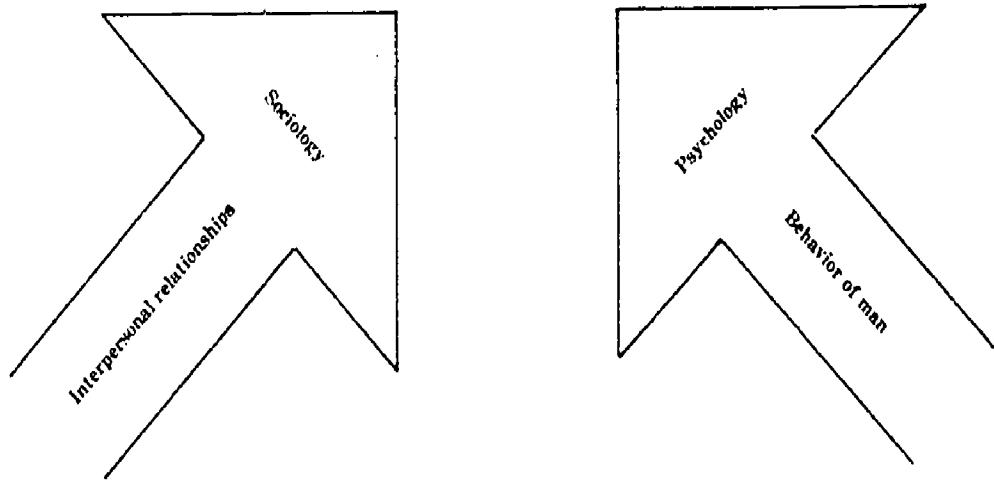
THE ROLE that physical exercise plays in the maintenance of health and the recovery from serious disease is highlighted by the following research\* findings:

1. Physical activity relates to weight control.
2. Physical activity needs for women and girls are the same as for men and boys.
3. Muscle tension can be relieved by moderate exercise.
4. Lack of physical activity relates to coronary heart disease.
5. Physical activity improves functional efficiency at any age.
6. Physical activity aids in the adaptation to stress.
7. The role of exercise in lung ventilation is significant.
8. Longevity relates to physical activity.

\*(Abstract from *Science and Medicine of Exercise and Sports*).



PHYSICAL EDUCATION  
IS A DISCIPLINE



## **Physical Education Is Essential to Good Health ...**

Automation and labor-saving gadgetry have created an inactive, sedentary, free-from-physical-stress lifestyle and have allowed many young people to become increasingly weak and physically unfit. Many of the degenerative diseases have a direct relationship to a decline in individual physical fitness.

Educators and school corporations cannot leave to mere chance the educational preparation of youth for their own self-survival. Individuals need to learn to budget leisure time for physical activities. Individuals need to be provided the opportunity to value physical activities which ex-

press their own interests. The activities introduced to them should be of the quality to be enjoyed throughout their adult life and assist them to maintain their own individual level of fitness.

Physical education instruction can teach individuals how to control their bodies for the purpose of relaxation. The ability to relax from the mental stress through physical activities can insure a healthier and better adjusted youth. Physical education can develop a more positive "self-concept."

Individuals who feel good about themselves—who are active and involved—who can act effectively and with grace—are more at ease socially and more self-assured in whatever they try to do.

P H Y S I C S O C I A L H E A L T H		STATUS OF HEALTH AND SOCIAL ADAPTATIONS	P H Y S I C A L E D U C A T I O N
Situation		Suggestion	
Illness or disability	.....	Assigned to a modified program	H E A L T
Absent as a result of a severe illness or injury	.....	Physician's statement	E D U C
Pre-athletic competition	.....	Physician's statement	A T I O
Religious exclusion	.....	Assigned to a modified acceptable program	N

## PHYSICAL EDUCATION

### Learning Environment Should . . .

- provide a desirable instructional atmosphere.
- provide for effective class involvement.
- provide for maximum participation and total development of each student through meaningful educational experiences.
- promote the utilization of class time efficiently and effectively.
- allow for effective use of pupil leadership.
- promote the efficient management of supplies, equipment and facilities.

### Physical Education Programs

#### Should Provide For . . .

- a reasonable balance of planned activities.
- a sequential development of skills and movement patterns.
- elective opportunities for students.
- special opportunities for students with particular needs and abilities.
- learning experiences which foster creativity, self-direction, and problem-solving.
- the development of behaviors, attitudes, appreciations, and understandings required in establishing and maintaining effective human relationships.
- learning experiences which contribute to the development and maintenance of health, lifelong skills, abilities, and interests.
- opportunities to clarify values and attitudes.

AND . . .

### Insure the Continuity of the Learning Experience by . . .

Consistent application of fundamental principles of child development and learning—

- individual readiness.
- relation of new materials to familiar experiences.
- review activities which reinforce learning.
- individual needs for personal security.
- appropriate grouping of students.

### Wise selection of education objectives—

- concept of physical fitness as correlated with the individual's strength, agility, etc.
- program objectives in relationship to the individual's mental, social, emotional, and physical states.

### Well-balanced curriculum content—

- sequential learning experiences based upon the individual's readiness and need.
- key concepts and basic movement skills.

### Therefore, Individual Programming Should . . .

#### Be based on an assessment of . . .

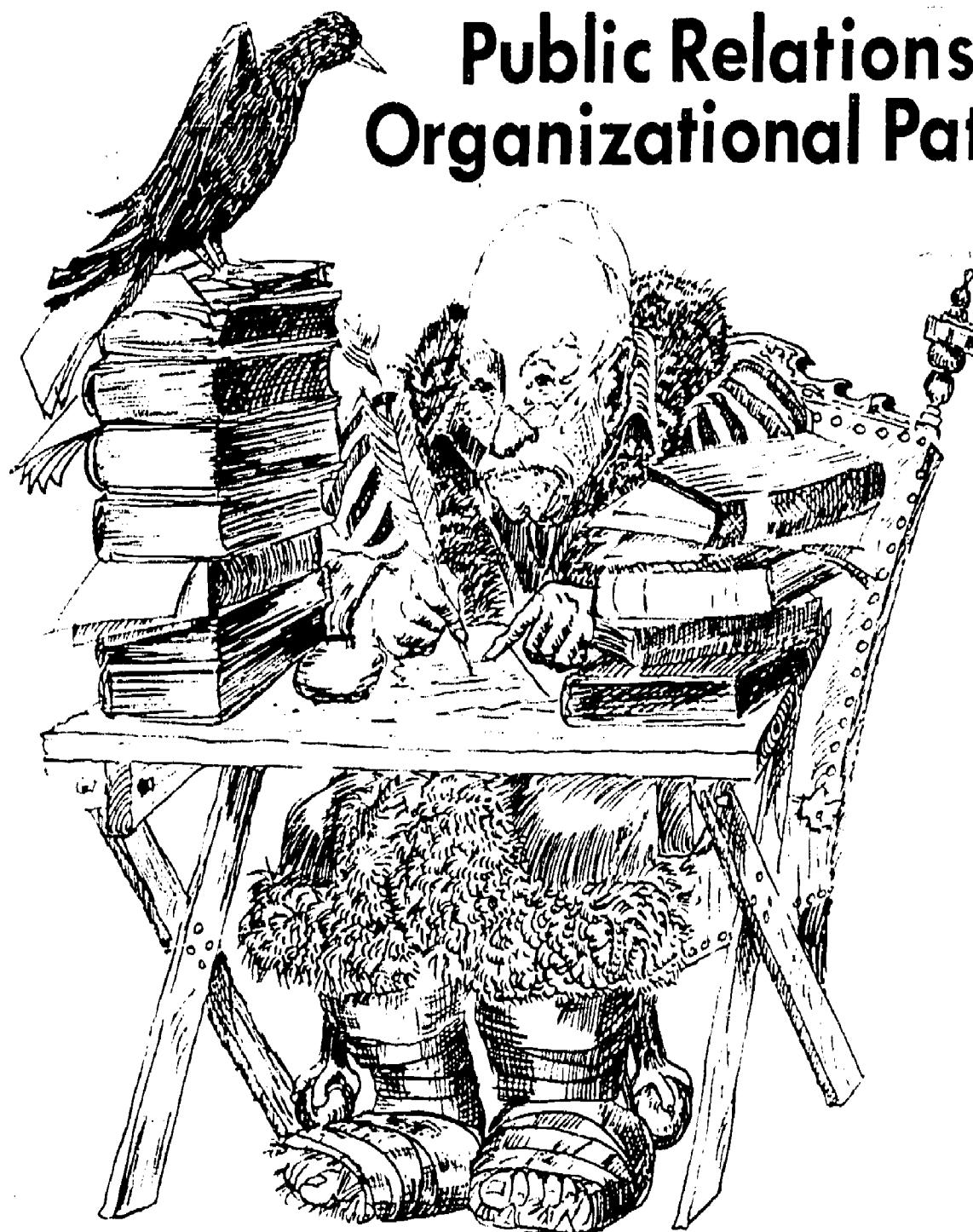
- Physical maturity
- Muscular development
- Coordination
- Stature
- Strength
- Organic or functional disorders
- Presence of infection
- Physical disabilities

#### As well as objectives based on . . .

- Socio-psychological factors
- Interests
- Emotional stability
- Social skills
- Self-concept
- Problem-solving skills
- Values
- Decision-making abilities
- Attitudes toward learning and school experiences

# managing the system

## Public Relations Organizational Patterns



**Administration  
Program Safety  
Evaluation**

## **WHAT IS PUBLIC RELATIONS?**

**Letting the right  
people know about the  
good job you do.**

**Action planning for  
spotlighting your  
accomplishments.**

**Information with news value.**

## **Public Relations Message . . .**

A physically educated person is one who has acquired knowledge and skills concerning his body and how it works.

Physical activity can provide good physical and mental health.

Physical education can contribute to academic achievement.

A physical education program can contribute to the development of a positive self-concept.

A physical education program can help an individual attain personal and social adjustment skills that form a basis for living in a democracy. appropriate for . . .

## **SCHOOL AND COMMUNITY AWARENESS**

### **Communication Techniques . . .**

Face-to-face contact	Demonstrations
Posters	PTA programs
Visual materials	Personal correspondence
Public media	Curriculum guides
Personal conversations	Report cards
Participation in community activities	
Programs that physically involve parents	
Brochures and booklets	
Meetings: in-service training program	
Participation in local educational associations and or organizations	
Recreation and social activities	
Public meetings	
Participation in local political life	
Letters to the editor	
Competitive athletic programs	
Open house or media personnel	
<i>... Students are the best salesmen!</i>	

## **Public Relations Checklist . . .**

Do my students understand the physical education experiences?

Are students able to communicate physical education objectives to others?

Do I communicate to other educators and administrators about innovations in physical education?

Am I aware of newsworthy events in the school's physical education program and call them to the attention of local news media through appropriate channels?

Am I aware of individuals in the community who could provide support for the school program?

Do I take advantage of opportunities to promote physical education programs in the school environment and the community?

Do I participate in state, district, and national association activities?

Am I informed on new ideas and trends in education?

Do I use all the resources available?

Do I promote the lifetime aspects and benefits of physical education learning experiences?

Have I expressed appreciation to individuals who support physical education programs?

## **SCHEDULING APPROACHES FOR INSTRUCTION**

Well-planned administrative scheduling and appropriate teaching methods are essential to a successful program. In order to develop a schedule which provides for individual needs, it is necessary to consider the following: (1) the number and kinds of students, (2) the needs, interests and abilities of students, (3) the skills and interests of available instructors, and (4) the number of available teaching stations. The following examples of scheduling approaches are cited as options appropriate for either a traditional or flexible school environment.

## SCHEDULING PATTERNS FOR INSTRUCTION IN PHYSICAL EDUCATION

Characteristics	Traditional	FLEXIBLE		
		Competency Based	Elective Mini-Courses	Advanced Courses
Time Allotment	Each subject is allotted an equal amount of time. Class periods usually are 45-55 minutes and each subject usually occurs at the same time each day.	Class periods are usually based on short time segments called modules varying from 10-30 minutes. Modules are combined to provide appropriate time blocks for specific instruction; activities may occur in various time slots throughout the day.	Time segments can vary from 6 days to 9 weeks and can fit into regular daily periods.	Courses may incorporate additional time for independent study along with regular class periods.
Number of Students	Normally the class size remains constant with 35 pupils a recommended maximum.	Class size may vary dependent upon the needs of the student, the type of activity, and the availability of staff.	Class size may vary dependent upon interests of students, availability of facilities, and role of the staff.	Class size may vary dependent upon interests and abilities of students, availability of facilities, and role of the staff.
Grouping Patterns	Generally the class is heterogeneous. Individual needs are provided for through patterns of grouping that may include circuit teaching, small group activities, etc.	Students are grouped on the basis of specific needs and/or competencies. This provides a vehicle for dealing with both deficiencies and particular abilities and talents.	Students are grouped primarily on the basis of interest. Courses may be designed so as to provide electives on a restricted or open basis. They may also be phased in order to provide for different ability levels.	Students are grouped on the basis of interest and ability. A course design is based on prerequisites.
Co-educational Programs	Generally, classes may be co-educational except for the contact sport areas.	Classes are organized on the basis of an individual's skill ability.	Classes could be organized on the basis of the individual's interest.	Classes could be organized on the basis of the individual's interest and skill ability.
Teacher Role	The teacher generally functions primarily as the leader or director of class activities.	The teacher assumes a variety of roles. Teacher serves as a diagnostician and prescriber. Sets up activities designed to meet specific student needs. May work in team situation with other teachers.	The teacher assumes a variety of roles . . . e.g. . . . guidance to students, course design, director of activities, supervisor, etc. May work in team teaching arrangement including the use of paraprofessionals.	The teacher assumes a variety of roles . . . e.g. . . . guidance to students, course design, director of activities, supervisor, etc. May work in team teaching arrangement including use of paraprofessionals.
Student Options	There is limited choice in terms of the type of activity available. Special provision may be made, however, for pupils with particular needs.	Activities are based upon particular needs and/or abilities. Optional approaches may include small group activities, independent study, leadership responsibilities, etc.	Activities may be based upon an analysis of needs and interests. Choices may include out-of-school experiences, independent study, small group experiences, etc.	Activities may be based upon an analysis of needs, and interests, skill ability, and leadership ability. Choices may include out-of-school experiences, independent study, small group experiences, etc.
Student Evaluation	Evaluation is usually based on group norms, however, provisions might be made for individual progress.	Evaluation is generally based upon attainment of realistic competencies on an individual basis.	Evaluation strategies may vary. Assessment may be based upon performance, interest, ability, etc. or a combination of factors.	Evaluation strategies may vary. Assessment may be based upon performance, interest, ability, etc., or a combination of factors.

## CONTENT SCHEDULING APPROACHES

### Elementary Schools

#### BASIC WEEKLY SCHEDULE PLAN

Activities are alternated according to certain days of the week. The same pattern is repeated every week.

##### Advantages:

- excellent for the primary grades when taught by a classroom teacher
- helps insure proper content balance in the program
- facilitates the sharing of equipment and facilities
- students know what to expect and can dress in the proper clothing

##### Disadvantages:

- teacher may not allow for flexibility
- not appropriate when physical education is not planned on a daily basis

#### SEASONAL UNITS PLAN

Experiences are organized as a series of seasonal units. The unit may vary in time. In a daily program two units may be offered concurrently. This plan is best suited for the intermediate grades.

##### Advantages:

- provides for seasonal interest and motivation
- provides for continuity of presentation
- more advantageous for the intermediate grades due to increased interest span
- minimizes the need for sophisticated facilities

##### Disadvantages:

- in many cases, a well-balanced program is not maintained and individual needs are not met

#### INFORMAL YEARLY BALANCE PLAN

An outline would provide only a single list of suggested activities for use if time permits. No definite sequence of units is set; no specific pattern for the weekly schedule is followed.

##### Advantages:

- physical education teacher can work with the classroom teachers individually to plan the most suitable program for that situation

##### Disadvantages:

- based on close evaluation and supervision of the physical education teacher
- may allow for too much program variability
- requires constant evaluation and adjustment of daily lesson plans

#### CYCLIC PLAN

This plan is quite similar to a basic unit plan, however, time units are based upon the administrative division of the school year.

##### Advantages:

- provides for continuity and progression
- provides for strict budgeting of time

- helps assure logical progression
- by budgeting the time between fewer activities, each year allows for more intensive instruction which can lead to greater skill development

##### Disadvantages:

- program flexibility is limited
- is ineffective with short class periods

### Middle/Junior and Senior High Schools

#### PRESCRIBED SINGLE BLOCK PLAN

This sets up a basic sequence to be followed by all students. Units may vary in length. The students are classified according to grade level; and the curriculum is planned on a three, four or six-year basis depending upon the school organization.

##### Advantages:

- the pattern encourages progression in the curriculum
- provides for balance and planned sequence
- allows dual activities to be presented
- lends itself to the small school where grades are combined

##### Disadvantages:

- does not compensate for individual differences within any one grade level
- may involve overlap and repetition
- requires a great deal of administrative scheduling

#### CONCURRENT UNIT PLAN

Two units of activities are scheduled for the same grade level concurrently. This plan is widely used in schools offering classroom work in physical education or when facilities such as swimming pools are shared.

##### Advantages:

- provides a higher level of interest and motivation
- makes optimum use of facilities and personnel
- allows for flexible pupil grouping and team teaching

##### Disadvantages:

- difficulty in maintaining continuity of instruction
- increased scheduling difficulties

#### ELECTIVE PLAN

Elective programs are possible with many pattern variations. The basic program can be carried through the ninth, tenth or eleventh grade, allowing the student to elect in the last two or three years.

##### Advantages:

- meets individual differences
- increases student's enthusiasm for participation in physical education

##### Disadvantages:

- is practical only for large schools with good instructional facilities
- requires great care in scheduling and record maintenance

## INTRAMURAL AND INTERSCHOOL PROGRAM

There is no one time period that can be set aside for intramurals, thus achieving a successful program. All of the time periods discussed here have been successfully used in many environments and may contain some ideas of practical value. These programs provide a laboratory situation for the use of skills mastered in the instructional program.

### Program A:

The interamural sports program supplements the daily physical education program and serves the interests and needs of pre-adolescent students. The program is offered during prime-time, 3:20 to 4:40 p.m. on three afternoons each week. A bus service is provided for students after intramurals.

### Program B:

At the beginning of each school year students are assigned to home room teams. These home room teams then serve as the basic unit for competition in the sports intramural program. The number of teams within a home room depends on the number of students in the home room and the sport in season. A desirable feature of this intramural program is the scheduling of activities to overlap the physical education class in which the basic skills, strategies, and rules are taught. Two weeks after this introduction, a schedule of intramural games by home room teams is started in the selected sport. The season for the games extends two weeks beyond the physical education activity. During this two week period a new activity is introduced in the physical education class. The intramural sports program takes priority over any activity except the regular physical education class for use of the fields and facilities. Transportation needs to be provided only if this type of program is scheduled after school hours.

### Program C:

A low key interschool athletic program is scheduled with other schools for boys and girls in five sports but no records are kept for the purpose of declaring a champion. The majority of the practices are conducted in the mornings before school so the activity areas will be available for the larger numbers of students involved in intramurals immediately after school. The priorities for transportation will need to be determined by the local school corporation.

## LARGE GROUP INSTRUCTION

### SUGGESTED ACTIVITIES

Skill demonstration, exercises, mimetic practice.

Orientation, history, prevalence of activity, rules, strategy.

Exercise and movement exploration tasks.

### Advantages:

- Combination of classes for the introduction of material relevant to all pupils.
- Release time available for both students and teachers.
- Opportunity for released teachers to prepare for succeeding lessons while one teacher is teaching several classes.
- Opportunity for teachers to specialize in areas of competency.

### Special Considerations . . .

- Periodic Evaluations.
- Students' short attention span.
- Appropriateness of audio-visual aids.
- Students' age and past experiences.

## **INDEPENDENT STUDY**

### **SUGGESTED ACTIVITIES**

Independent practice of sport, dance, recreational, or physical fitness activities.

Academic research into desired areas.  
Skill practice, analysis, and correction of movement errors.

Self-evaluation.

Movement exploration tasks.

#### **Advantages:**

- Encourages appreciation for, and interest in, self-evaluation.
- Promotes self-motivation and self-responsibility.

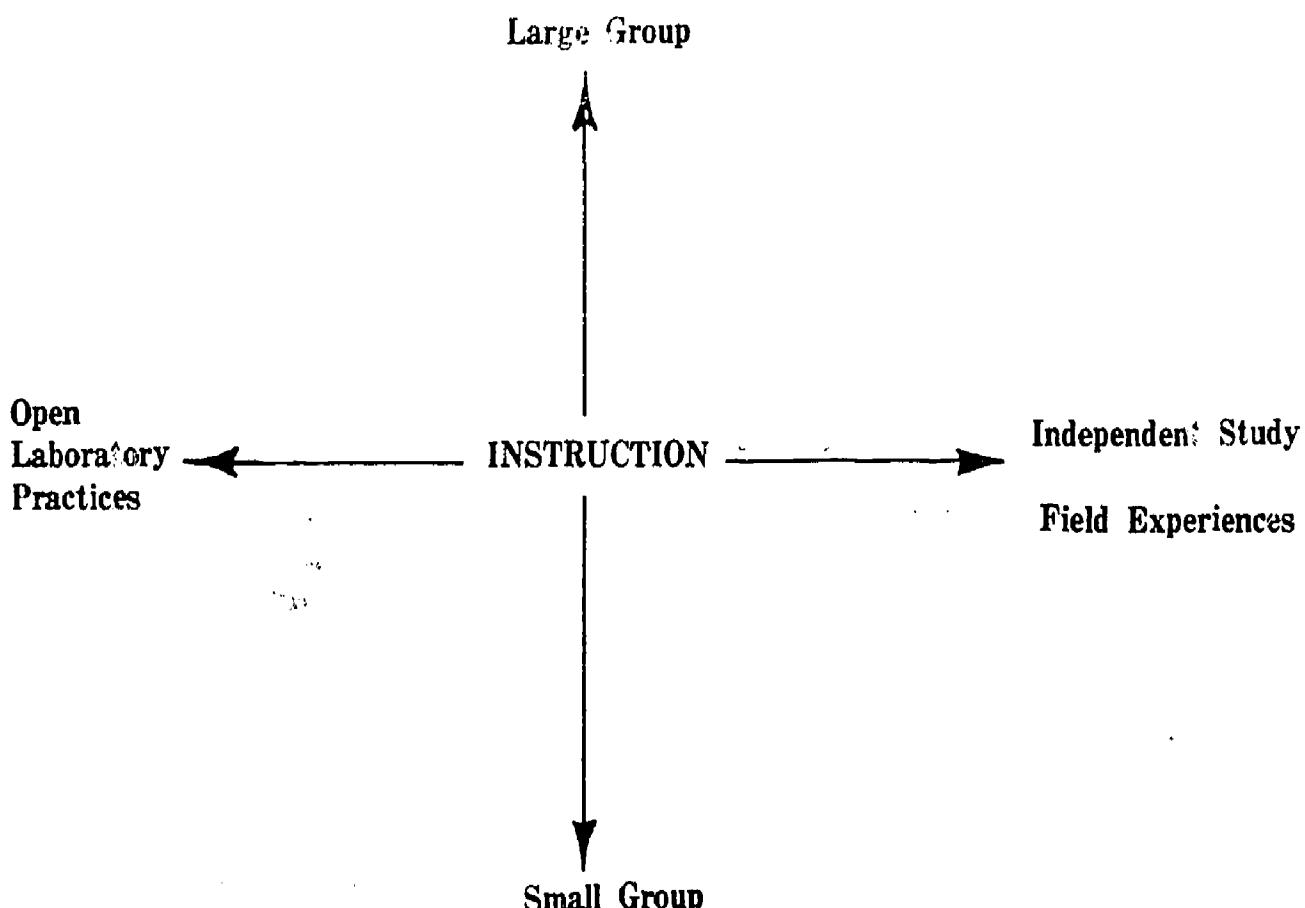
- May improve research skills.

- Assists in providing the process and skills to carry on motor learning throughout life.

#### **Special Considerations . . .**

- Time allotments dependent upon the task difficulty, the ability of the student, and the facilities and/or resources necessary for the task.
- Possible contractual arrangement between the student and the teacher identifying objectives, processes, and evaluative techniques.
- The availability of a variety of facilities, e.g., resource learning laboratory, gymnasium, playing fields, community resources such as bowling alleys, golf courses, etc.

## **CLASSROOM ORGANIZATIONAL APPROACHES**



## **OPEN LABORATORY PRACTICE**

### **SUGGESTED ACTIVITIES**

Enrichment activities and/or projects.  
Informal practice or recreational opportunity.

#### **Advantages:**

- Opportunities for students to practice skills or participate in small team activities beyond the structured learning experiences.
- Time for students to receive additional individual assistance.
- A supplement to in-class learning experiences.

#### **Special Considerations . . .**

- Availability of gymnasium to students during specified times.
- Participation on a voluntary basis.
- A range of activities which give students a chance to participate in an activity of their choice.
- Provisions for maximum safety, supervision and minimum of confusion.
- Open to all students rather than an extra practice period for varsity athletes.

## **SMALL GROUP INSTRUCTION**

### **SUGGESTED ACTIVITIES**

Team play, skill drills.  
Team and individual strategy development.  
Movement tasks.  
Skill and physical fitness tests.  
Technique, skill practice and analysis.

#### **Advantages:**

- Opportunities to group students on the basis of specific needs, interests, and/or abilities.
- Increased student interaction with the teacher and/or classmates.
- Opportunities for students to actively participate in learning.

#### **Special Considerations . . .**

- Size of group for student-student and student-teacher interaction.
- Grouping based upon the nature of the learner and the task.
- Time allotment in accordance with attention span and nature of task.

## **TEACHING STRATEGIES**

**T**HE SPECTRUM of teaching styles reflects a philosophy of education which promotes independence in decision making, independence in seeking alternatives, and independence in learning.

The purpose of using alternative styles is to teach the student to increase one's capacity for decision making. This increase seems to occur step by step as new kinds of behavior are understood and assimilated by the students. It is important to develop a variety of techniques for each style

in order to inculcate in students the essence of the anticipated behavior. The structure and purpose of a teaching style determines the specific techniques that are best suited for carrying it out.

Command Style

Task Style

Reciprocal Teaching Style

Individual Program Style

Guided Discovery Style

Creative Problem Solving Style

## COMMAND STYLE

<b>Command Style</b>	<b>Pre-Class Preparation</b>	<b>Execution</b>	<b>Evaluation</b>
<b>Role of Teacher</b>	<b>Active</b>	<b>Active</b>	<b>Active</b>
<b>Role of Student</b>	<b>Passive</b>	<b>Passive</b>	<b>Passive</b>
<b>Teacher Responsibilities</b>		<b>Student Responsibilities</b>	
1. Sets objectives and activities.			1. Follows directions.
2. Gives explanations and directs activities.			2. Performs assigned task or activities.
3. Measures performance.			
Advantage: Provides criteria and conditions for acceptable performance.			
Special Considerations: Can be used with any subject content. Provides for teacher control of the learning environment.			
Limits individual student choice, decision-making, and cognitive development.			

## TASK STYLE

<b>Task Style</b>	<b>Pre-Class Preparation</b>	<b>Execution</b>	<b>Evaluation</b>
<b>Role of Teacher</b>	<b>Active</b>	<b>Active</b>	<b>Jointly Active</b>
<b>Role of Student</b>	<b>Passive</b>	<b>Active</b>	<b>Jointly Active</b>
<b>Teacher Responsibilities</b>		<b>Student Responsibilities</b>	
1. Sets objectives and determines several tasks or activities.			1. Selects tasks on the basis of ability and/or interest.
2. Assigns areas for each task.			2. Becomes less dependent on teacher.
3. Encourages student choice based upon individual ability.			3. Participates in the evaluation process.
4. Evaluates on the basis of student performance.			
Advantage: Provides opportunities for choices among students with varying abilities.			
Special Considerations: Allows for maximum utilization of time and space. Affords greater student participation.			
Can be used in areas such as perceptual motor skills, object handling, gymnastics, physical fitness, etc.			
Requires additional planning time and organization skills.			

## RECIPROCAL TEACHING STYLE

Reciprocal Teaching Style	Pre-Class Preparation	Execution	Evaluation
Role of Teacher	Active	Active to Semi-Active	Passive
Role of Student	Passive	Active	Active
Teacher Responsibilities		Student Responsibilities	
1. Sets objectives and determines activities. 2. Explains activities or tasks to both partners (doer and observer). May provide task cards or lists. 3. Observes the ability of the partners to assist each other in the performance of the task. 4. Corrects the <i>observer</i> only as part of the evaluation process.			1. Learns expectations for both the observer and the doer and reverses roles. 2. As observer evaluates and corrects behavior of doer, may request teacher assistance. 3. As doer, responds to information from observer and corrects errors.
<b>Advantage:</b> Allows for more observation and supervision of performance and provides students with the opportunity to learn how to receive criticism and evaluation from a peer.			
<b>Special Considerations:</b> Requires the teacher to develop a process of learning which enables the student to learn to observe and work with a partner. Gives the doer independence of the teacher. Is appropriate in areas such as skill drills, gymnastics, swimming, etc. Requires time and patience to teach students to function as partners.			
INDIVIDUAL PROGRAMMING STYLE			

Individual Programming Style	Pre-Class Preparation	Execution	Evaluation
Role of Teacher	Active	Semi-Active	Passive
Role of Student	Passive	Active	Active
Teacher Responsibilities		Student Responsibilities	
1. Selects and organizes the subject matter into programs. 2. Presents program via explanation,			1. May select program. 2. Assumes responsibilities for completing the program.

## INDIVIDUAL PROGRAMMING STYLE (*continued*)

Individual Programming Style	Pre-Class Preparation	Execution	Evaluation
Role of Teacher	Active	Semi-Active	Passive
Role of Student	Passive	Active	Active
demonstration, and/or audio-visual aids.		3. Engages in self-evaluation activities.	
3. May observe, correct, or evaluate if needed.			
<p>Advantage: Provides for maximum utilization of facilities, equipment, and time. Is a designed opportunity for the student to accept himself as a self-directed learner.</p> <p>Special Considerations: Requires flexibility within a schedule.            Requires a thorough knowledge of the subject area in order to develop programs.            Can be used in areas such as archery, badminton, golf, etc.            May require a great deal of time to make the necessary adjustments in curriculum.</p>			

## GUIDED DISCOVERY STYLE

Guided Discovery Style	Pre-Class Preparation	Execution	Evaluation
Role of Teacher	Active	Active	Active
Role of Student	Active	Active	Active
Teacher Responsibilities		Student Responsibilities	
1. Determines activities in which guided discussions leading to performance are appropriate. 2. Asks sequentially planned questions which lead students to discover information. 3. Reinforce student responses without supplying answers. 4. Evaluates continually as students respond.		1. Deals with topic(s) initiated by the teacher/facilitator. 2. Assumes responsibility for exploring ideas and suggesting responses to questions posed by the teacher/facilitator.	

### **GUIDED DISCOVERY STYLE (*continued*)**

**Advantage:** Allows students to experience success through discovery at their own rate.

**Special Considerations:** Requires the teacher to assume a facilitative rather than directive role by designing problems, asking questions, and eliciting student responses. Is appropriate for such areas as gymnastics, movement exploration, basketball and swimming.

Limits the range of acceptable student performances due to guidance toward a single pre-determined response.

### **CREATIVE PROBLEM-SOLVING STYLE**

Creative Problem-Solving Style	Pre-Class Preparation	Execution	Evaluation
Role of Teacher	Semi-Active	Semi-Active	Passive
Role of Student	Passive	Passive	Active
Teacher Responsibilities		Student Responsibilities	
1. Assists in the identification of the problem situation. 2. Encourages students to identify, test, and evaluate alternative solutions or responses. 3. Provides technical assistance when needed.		1. Recognizes problem to be solved. 2. Explores a range of alternatives and assesses their effectiveness. 3. Learns to assume responsibility for utilizing the teacher as a resource person.	

**Advantage:** Provides for a range of acceptable responses and requires student initiative.

**Special Consideration:** Requires the teacher to serve as a resource person in a non-judgmental role.

Can be used in areas such as bowling, golf, archery, basketball, etc. for the refinement of a skill to improve accuracy.

Allows trial and error behavior on the part of students and may not provide sufficient successful achievements.

## LOCAL SCHOOL BOARDS . . .

- School Boards should be accountable for . . .
- Providing opportunities for in-service training.
- Supporting physical education programs that are responsive to student needs.
- Viewing physical education as an integral part of the curriculum.
- Considering the maximum use of facilities by the community for the entire year.

Supporting effective communications between groups and individuals in the school and community.

Supporting time allocations during the instructional day for physical education.

Determining the responsibility for the teaching of physical education.

## ADMINISTRATION . . .

Since the quality of the program depends to a large extent upon the guidance and direction of the school administrator, school administrators should be accountable for . . .

Knowing the physical education needs of children.

Providing a physical education program as an integral part of the instructional experiences for each child.

Encouraging teachers to evaluate the program in view of meeting the needs of the children.

Providing leadership in program development.

Providing in-service education opportunities.

Coordinating scheduled events so that space, facilities, and equipment are utilized safely and efficiently throughout the day, and so that all age groups share equally in their use.

Making provisions in the annual budget for purchasing and maintaining supplies, equipment, and audio-visual aids.

Planning with teaching staff, parents, dental and medical personnel for the periodic examination of children along with the follow-up procedures for the correction of remedial defects.

Establishing policies, in cooperation with the medical profession and parents, for adjusting physical education to the needs of children who may have physical limitations.

Helping to interpret the physical education program to parents and to the community.

Assisting teachers in scheduling and planning an intramural program for students.

Discouraging highly competitive athletic contests for children of elementary school age.

Providing suitable athletic contests for boys and girls of elementary school age with controls on competition.

Providing for input by instructional staff in the planning and designing of facilities.

## **TEACHERS**

Teachers responsible for the physical education program should . . .

- bring to the teaching-learning situation competency and concern.
- arrange to have a rich learning environment with ample student options.
- plan with careful thought given to individual student needs.
- and should be accountable for . . .
- careful diagnosis of pupil needs, abilities, and interests.
- designing programs that take into account the needs and interests of students.
- utilizing alternative teaching strategies when appropriate.
- planning for the safety needs of students.
- reassessing program effectiveness on a continual basis.
- up-dating through input from professional associations, state agencies, universities, and other sources.

## **PARAPROFESSIONALS**

### **SUGGESTED QUALIFICATIONS**

- Physically fit
- Knowledge of sport areas
- Interest in students
- Willingness to be trained

### **SUGGESTED RESPONSIBILITIES**

Paraprofessional tasks and responsibilities should be carefully planned by both the school administrator and teachers taking into consideration the following matters: legal liabilities, the nature of various learning activities, the individual capabilities of the paraprofessional and environmental constraints.

Some of these are listed in the right-hand column.

- Operating audio-visual equipment.
- Providing clerical assistance.
- Acting as a safety assistant.
- Officiating games.
- Preparing learning materials.
- Administering make up tests.
- Setting up the field or gym.
- Assisting in locker room.

## **STUDENT LEADERSHIP**

Physical education offers excellent opportunities for developing student leadership and should be extended to all students. Using different students for various tasks will expand the opportunity for growth and development in leadership capacities.

### **Suggested Student Leader Activities:**

- Serving as a teacher assistant.
- Serving as a squad leader.
- Assisting with equipment.
- Conducting conditioning activities.
- Assisting with record keeping.
- Officiating sports.
- Assisting with skill testing.
- Demonstrating skills.
- Assisting in program planning.
- Helping maintain supplies and equipment in good condition.
- Assisting with intramurals.
- Assisting with interscholastic athletics.

## **A PROGRAM PLANNING AND BUDGETING SYSTEM**

- Determine program needs.
- Develop program goals and objectives.
- Assess school and community resources.
- Develop a program structure.
- Design the budget on basis of program needs.
- Implement the program based on budget allocation.
- Evaluate the program effectiveness and budget adequacy.

### **Control Procedures**

Utilization of procedures for the distribution of equipment and supplies, the evaluation of the quality of items purchased, and the maintenance

and repairs of equipment are necessary for stretching the tax dollar to the maximum.

## **SUGGESTED GUIDELINES FOR POLICY DECISIONS**

### **Dress**

When the nature of the activity is vigorous, it is appropriate for the students to be dressed in suitable attire. The safety conditions, sanitary conditions, and the morale may be improved when the attire for the activity is considered. Rubber-soled shoes aid in insuring safety and improving performance in certain activities. It is not necessary to buy the most expensive shoes and clothing. In most cases students should not be excluded from activities because of attire unless there are safety implications.

### **Handbook**

Written material or a handbook can be valuable in communicating with the parents and students about policies, regulations, evaluation procedures, objectives and program content. It also can be of assistance in promoting the program within the community.

### **Locker Room**

Teachers should develop a written system for recording locker and lock assignments, lock combinations, and lost locks. Locks which are a part of the locker are desirable as they cannot be removed. Teachers should assign lockers so that the hourly load for dressing is spread over the entire locker room. Teachers should inform students of policies and procedures concerning locks and lockers.

### **Towel Service**

School personnel should examine all alternatives when planning for towel service and choose the one which is economical for their specific situation. The following alternatives could be considered:

## POLICIES (*continued*)

Have a local laundry supply and launder towels on a bid basis.

Have the school purchase towels and have a local laundry launder them on a bid basis.

Have the school purchase towels and laundry equipment to launder the towels. A person should be assigned the responsibility to maintain a clean supply of towels.

Have students bring towels from home and assume responsibility for laundering.

## SUGGESTED GUIDELINES FOR FACILITIES

*All areas of the physical education plant should be designed to eliminate architectural barriers for the handicapped.*

### Gymnasium

Use flexible spectator seating that does not detract from instructional use.

Provide balconies or upper deck areas adequate in size for instructional use besides spectator seating.

Mark floors in distinctive colors for a variety of sports and games (basketball, badminton, volleyball, circle games).

Install permanent fixtures such as basketball backstops, climbing ropes, floor plates.

Provide many microphone outlets.

Provide for acoustical treatment of the ceiling and when possible some treatment on the walls.

Plan for a direct exit from gymnasium to outdoor playing fields.

Plan for thermostatically controlled heat.

Plan for the installation of a tack board or chalkboard for instructional purposes.

Plan for a minimum of 10 feet between the end lines of a basketball court and the nearest wall

and six feet between the side lines and the bleachers.

Plan for a foyer, coatrooms, toilets, and a ticket booth, if the gymnasium is to be used by spectators.

Install cupped eyes or eye bolts spaced 12 to 16 feet apart on the walls and 10 to 12 feet above the floor for volleyball or badminton nets.

Design activity rooms sufficiently large and with sufficiently high ceilings to make them serviceable for instructional use.

Equip dance studios with mirrors and a balance rail.

Install protective padding on the walls at the ends of the basketball court.

Construct top of the floor saddles between gymnasium and storage room on a level plane with the top of the adjacent floor.

Plan for storage space serving directly into the gymnasium, upper deck areas, activity rooms, dance studios.

Design storage area for specific needs: apparatus and gymnastic equipment, dead space for uniforms, etc.

### Locker Room

Install a one-way window in the teacher's office which will overlook the locker room area.

Arrange the showers to provide a large shower area and individual showers for the girls and a large shower area for boys.

Install non-slip floor material in shower areas.

Provide a drying area adjacent to storage for towels.

Plan for several toilets, wash basins, and mirrors.

Plan for thermostatically controlled heat.

Provide for acoustical treatment of the ceiling.

Provide for a direct exit into both the equipment room and gymnasium.

Provide for entrance from the corridor into the locker room.

Install a tackboard or chalkboard for instructional use.

#### Outdoor Areas

Provide for outdoor sodded areas spacious enough to handle peak loads without overlapping activities.

Mark outdoor areas for a variety of activities.

Arrange for fields to be adequately drained and fenced.

Design all areas for maximum safety.

#### Pools

Slope pool bottom gradually.

Mark depths on pool decks to show safe jumping and diving areas.

Locate recessed step-holes or ladders at the ends of the pool for ease of entry and exit and to assist the tired swimmer.

Install noncorrosive anchor eyelets for lines when the pool is built and set flush with its walls so as not to obstruct the swimming area.

Plan for the amount and type of spectator seating needed for special events.

Install a non-slick floor material on the pool deck.

#### Classroom

Provide for circulating air.

Plan for control of sound transmission between rooms.

Design storage space for limited physical education equipment.

#### Media Center

The media center should be centrally located and could be equipped with a wide range of books, sports manuals, film strips, films, loop films,

posters, charts, etc., which could be helpful in studying or teaching physical education.

#### Community Facilities

Through cooperative planning and agreement, facilities outside the school setting may be utilized to enhance the instructional, extramural and intramural programs.

### EQUIPMENT AND SUPPLIES FOR A WELL-BALANCED PROGRAM

#### General Tips Regarding Equipment

1. Select equipment which will involve children in a wide range of activities.
2. Select quality equipment rather than expensive equipment.
3. Each year set long-range priorities when planning the selection of equipment.
4. Provide an adequate number/amount of equipment for an average class size and in relationship to the activity.
5. Plan for an approximate 50 to 75 percent annual replacement budget.
6. Order sufficient equipment to teach four or five activities with maximum student involvement rather than to teach 10 activities with insufficient equipment for maximum student involvement.
7. Develop a system for issuing and returning equipment.
8. Mark/label all equipment clearly with school name, room number or other identifying marks.
9. Provide adequate storage space for equipment which may be locked.

#### Storing Equipment

1. Fasten together paired items.
2. Clean and repair equipment before storing.

3. Arrange equipment by type, size, etc.
4. Inspect new equipment and check the invoice for quantity received, type, style, model, color and sizes.
5. Identify all equipment with permanent ink.
6. Check frequently for equipment markings.
7. Keep all equipment off the floor of the storage area.
8. Keep tennis and badminton racquets in presses and hung on racks when not in use.
9. Partially deflate all inflatable balls, but allow sufficient air pressure in order for them to maintain the proper size.
10. Construct special bins, wall racks, or hangers to insure proper storage and long life of bats, golf clubs, vaulting poles, hockey sticks, arrows, etc.

Provisions for storage need to be included in the over-all administrative plan. Storage areas need to be: (1) lighted and cool, (2) well ventilated and dry, (3) free from damp, sweaty pipes or walls, (4) free from moths, roaches, and rodents, (5) roomy enough for handling, marking, and making minor equipment repairs.

#### Purchasing Equipment

1. Base equipment purchases upon the present and anticipated needs.
2. Purchase equipment from reputable firms which stand behind their products.
3. Purchase good quality equipment in terms of durability under hard usage and the extent to which it can be repaired and reconditioned effectively.
4. Plan purchase of large, permanent type equipment over a period of time to balance the over-all cost.
5. Take advantage of government surplus merchandise or company discounts on quantity orders.
6. Make sure the quality of the equipment is the same as specified in the order.
7. Purchase from a local dealer if the quality of equipment meets the established specifications.
8. Order equipment well in advance of need.
9. Receive bids on equipment purchases which may result in some savings.

# INVENTORY FORM

School: \_\_\_\_\_

Name of Staff: \_\_\_\_\_

Date: \_\_\_\_\_

DATE	MANUFAC-TURER	CATALOG NO.	TOTAL ON HAND	NUMBER PURCHASED	COST
YEAR	NEW	GOOD	FAIR	DISCARD	NUMBER OR SIZE

## BASIC EQUIPMENT

**Grades K-6 Physical Education Program**  
**(Based on Class Size of 30)**

ITEM	GRADE LEVEL						QUANTITY
	K	1	2	3	4	5	
Bamboo poles				X	X	X	X
Basketballs					X	X	X
Balance beams	X	X	X	X	X	X	X
Bean bags	X	X	X	X			10-15
Balls (6")	X	X	X	X	X		6-10
Balls (8")	X	X	X	X	X	X	6-10
Balls (10")	X	X	X	X	X	X	6-10
Batting tees—rubber				X	X	X	X
Footballs—junior size					X	X	X
Pinnies				X	X	X	X
Portable net standards					X	X	X
Push ball (24"-36" diameter)					X	X	X
Overhead ladder					X	X	X
Record player	X	X	X	X	X	X	X
Records	X	X	X	X	X	X	X

## BASIC EQUIPMENT (continued)

**Grades K-6 Physical Education Program**  
(Based on Class Size of 30)

ITEM	GRADE LEVEL							QUANTITY
	K	1	2	3	4	5	6	
Ropes (7'-8' and 8'-9') (24'-30')	X	X	X	X	X	X	X	15 5
Scooters	X	X	X	X	X	X	X	6-10
Soccer balls						X	X	6-10
Softballs (plastic)			X	X	X			6-10
Softballs (rubber)				X	X	X	X	6-10
Softball bats (plastic)			X	X	X			6-10
Softball bats (wood)				X	X	X	X	6-10
Softball bases	X	X	X	X	X	X	X	2 sets
Volleyball (rubber)				X	X	X	X	4-6
Volleyball nets				X	X	X	X	1-2
Tumbling mats (3'x5' or 4'x6')	X	X	X	X	X	X	X	4-8

## BASIC EQUIPMENT\*

**Grades 7-12 Physical Education Program**

\*All equipment may be used at any grade level and is based on a class size of 30.

ITEM	QUANTITY	ITEM	QUANTITY
Badminton nets	2	Track batons	6-10
Badminton racquets and presses	10-20	Basketballs	6-10
Badminton shuttlecocks	6-8 dozen	Footballs	6-10
Archery targets	3-5	Golf clubs (wood, 3 irons, putter)	10-15 sets
Arrows	6-10 dozen	Golf balls (plastic)	10 dozen
Target stands	3-5	Golf balls (regular)	5 dozen
Bows (20, 30, 40 lbs.)	10-15	Bowling balls (plastic)	4 sets
Finger tabs	10-15	High bar	1
Arm guards	10-15	High jump standards	1 set
Target faces	6-10	Volleyball nets	2

## BASIC EQUIPMENT

*(continued)*

<u>ITEM</u>	<u>QUANTITY</u>	<u>ITEM</u>	<u>QUANTITY</u>
Volleyballs	6-10	Softball bats (wood)	6-10
Vaulting box	1	Softball bases	2 sets
Tumbling mats (4'x6')	6	Side horse	1
Climbing ropes	2	Tennis rackets and presses	10-20
Soccer balls	6-10	Tennis balls	4-6 dozen
Softballs	10-15	Tennis nets	2-3

## SUPPLEMENTAL EQUIPMENT

<b>AQUATICS</b>		<b>Dumbbells</b>	<b>Pulley weights</b>
Clock	Regulators	Exerciser sets	Squat stands
Diving boards	Swim suits	Isogyms	Weight sets
Kickboards	Water basketball goal	Isometric kits	Weight shoes
Lane markers	Water polo balls		
Life buoys	Water polo goals		
Pool cleaning equipment	Water polo nets		
Pool ladders			
<b>ARCHERY</b>		<b>FENCING</b>	
Backstop net		Chest protectors	Masks
Bow strings		Gloves	Rubber tips
		Jackets	Weapons—Epees or Foils
<b>AUDIO-VISUAL AIDS</b>			
Megaphone	16mm. projector	<b>FIELD HOCKEY</b>	
Chalk boards	Film screen	Playing field	Nets
Public address system		Balls	Shin guards
		Goals	Sticks
<b>BASEBALL</b>			
Backstops	Protective helmets	<b>FOOTBALL</b>	
Ball bags	Rule books	Ankle wraps	Helmets
Bat bags	Umpire's body protector	Balls	Hip pads
Catcher's mask	Umpire's mask	Belts	Jerseys
Chest protector		Blocking sleds	Kicking tee
		Playing field	Knee pads
		Capes	Month guards
		Cervical neck pad	Paints
		Chin straps	Rib pads
<b>BASKETBALL</b>		Cleats	Scrimmage vests
Ball return	Nets	Downs marker	Shoes
Scoreboard	Rebound ring	Dummies	Shoulder pad rack
		Face guards	Shoulder pads
<b>EXERCISE EQUIPMENT</b>		Flags (corner)	Thigh guards
Abdominal boards	Leg press machine	Helmet racks	
Body weights	Multipurpose weight bench		

## SUPPLEMENTAL EQUIPMENT (continued)

### GENERAL EQUIPMENT

Ball carriers	Mat hangers
Bleachers	Mat trucks
Goal posts	Peg boards
Laundry equipment	Scoreboards
Line markers	Stall bars
Lockers	Rule books
Mirrors	

### GENERAL SUPPLIES

Adhesive tape	Playground balls
Awards	Pinnies
Ball carriers	Ropes
Cage balls	Rule books
First aid kits	Score books
Foot baths	Soap
Game standards	Spike wrench kit
Ice	Stop clocks
Indian clubs	Table ball inflators
Jump ropes	Towels
Locks	Uniform hangers
Mat covers	Uniforms
Mats	Whistles

### GYMNASISTICS

Balance beam	Safety belts
Buck	Side horse
Chalk	Springing and jumping apparatus
Chalk holder	Tambourine
Hand guards	Trampoline
Horizontal bar	Trapeze
Parallel bars	Uneven bars and conversion kits
Rings	
Ropes (climbing)	

### HANDBALL

Court	Gloves
Balls	

### ICE HOCKEY

Rink	Nets
Sticks	Skates
Goals	Body protectors

### LACROSSE

Playing field	Body protectors
Balls	Goals

Nets	Sticks
Shoes	

### PADDLE TENNIS

Balls	Net
Court	Paddles

### PLAYGROUND EQUIPMENT

Benches	Horizontal ladders
Bicycle racks	Climbing apparatus
Castle towers	Seesaws
Flag poles	Slides
Flying rings	Swing seats
Horizontal bar	Trapeze bar

### SOCER

Balls	Playing field
Goals	Shin guards
Net	

### SOFTBALL

Balls	Bats
Bases	Playing field
Bat bags	Rule book
Body Protectors	Gloves
Masks	

### SQUASH

Courts	Rackets
Balls	

### TENNIS

Balls	Racquet presses
Courts	Racquets
Nets	Rebound net
Posts	Tennis ball machine

### TRACK AND FIELD EVENTS

Competitors numbers	Pole vault box
Cross bar lifter	Pole vault poles
Cross bars	Pole vault standards
Discus	Shot
Field marks	Spike wrenches
Finish line yarn	Spikes
Hammer	Starting blocks
High jump standards	Starting pistols
Hurdles	Stop watches
Javelines	Take-off board
Measuring tapes	Toe board
Pedometer	Track surface
Pits—jumping and vaulting	

## SUPPLEMENTAL EQUIPMENT *(continued)*

### VOLLEYBALL

Balls	Net
Court	Standards

### WRESTLING

Head guards	Sweat suits
Knee guards	Uniforms
Mats	

## PROGRAM SUPERVISION

### Administrative Policy Suggestions

- Require a medical check-up of students participating in inter-scholastic sports or intramurals.
- Suggest a medical check-up of students who may have a health problem and who are engaging in rigorous activities on a regular basis.
- If it is necessary to transport students, provide for bonded carrier and adult chaperons who are responsible for the group in accordance with local school corporation policies.
- Provide adequate funds for program personnel and equipment in order to insure the safety of the students.
- Cooperatively develop written safety policies and procedures.
- Maintain records on students with medical problems.

### Program Planning Suggestions

- Select activities on the basis of age, sex, ability, and maturity.
- Plan a progressive program of motor skills.
- Plan a pattern of supervision based upon the type of activity, the number of students, and the learning environment.

- Create awareness of safety needs for each activity and encourage the practice of safety habits.
- Encourage students to develop a safety awareness of attire appropriate for active participation in activities.
- Request the removal of all jewelry since such articles could cause injuries.
- If a student must wear glasses, encourage him to wear unbreakable lenses or glass guards and an elastic band to secure them to the head.
- Use a "warm-up" type of activity to serve as a precaution against injury.
- Consider individual child's health problems in relation to limiting activity and fatigue.
- Have adult supervision at all times.

### Supervision Suggestions for Teachers

- Inform assistants of the duties and limitations and assume responsibility for their activities.
- When supervising the playground, apply full mental faculties as well as actual physical presence.
- Regularly inspect facilities and equipment.
- When supervising the athletic program, the following factors should be considered: the physical capacity of the students; their state of training, both as to condition and skill; the safety features of the equipment; concern for and removal of injured or distressed students immediately.
- Be aware of the health status of each student.
- Be aware of the physical limitations of each student.
- Administer first aid only, and then refer to school adopted policies and procedures.
- Provide students with adequate instruction.
- Keep accurate accident records.

- Know that a waiver form does not make the teacher immune to a liability suit.
- Be alert to temporary hazards.
- Be aware of the limitations of indoor and outdoor areas.
- Lock the pool, gym, and storage room doors to insure that areas or equipment are not used without supervision.

### **SAFETY GUIDELINES FOR INSTRUCTIONAL AREAS**

The local school corporation should adhere to the State Administrative Building Council Code.

#### **Gymnasium**

- Provide sufficient space between the floor lines and the bleachers to prevent players from running into the bleachers.
- Provide gymnasium doors which open outward.
- Provide recessed drinking fountains.
- Screen windows and lights.
- Limit class size to allow each student sufficient room.
- Repair loose boards, remove splinters and remedy other potentially dangerous floor conditions.
- Provide for daily sweeping of the gymnasium floor and removal of litter or obstructions which could cause injury.
- Supervise all locker and shower rooms.
- Locate light switches away from the shower areas.
- Use non-slip easily cleaned materials on the floors of the locker and shower room.
- Place water pipes out of reach of students.
- Adapt all activities to the physical needs and abilities of the students.
- Inspect all gymnasium apparatus periodically.
- Do not allow a layer of soap to accumulate on the shower room floor.

#### **Pool**

- Provide a float line to serve as a lifeline and to keep novice swimmers in the shallow end. Locate the float line on the shallow side at least a foot before the slope begins.
- Properly ground all electrical wiring and connections, underwater lighting, and other equipment or devices and inspect on a frequent basis.
- Equip all pools with basic rescue devices.
- Mount emergency instructions in a conspicuous location within and outside the pool enclosure.

#### **Classroom**

- Arrange furniture to provide for sufficient instructional space.
- Select activities which are appropriate for limited equipment and space.

#### **Outdoor Areas**

- Locate courts of specific games away from entrances and exits.
- Use fencing if areas are surrounded by heavily traveled streets.
- Protect surrounding property and students by using a fence of sufficient heights to discourage hurdling.
- Paint the apparatus bright colors.
- Develop policies concerning the proper use of apparatus and methods of supervision.
- Set swings, ladders, and bars in concrete and at different heights for the varying age groups.
- Keep drinking fountains clean and sanitary.
- Separate apparatus for young children from that used by older children.
- Use lines on the playground surface to show the danger zone around each piece of apparatus.
- Conduct daily inspections for repair of apparatus and removal of dangerous debris.

## ACCIDENT REPORTING

Written policies and advanced program planning for safety and accident prevention will enhance every physical education program. Procedures developed for efficient handling of an accident will often reduce the potential liability of a teacher and the school corporation. Procedures should be followed for injuries that occur in school sponsored activities whether on or off school property.

A standardized school accident report form

should be used for accident reporting. Copies of accident reports should be available in the school's central office, in the nurse's office, and in the teacher's office.

A periodic review of all accidents should be done by the entire staff to plan for the prevention of similar accidents in the future. If any liability questions arise, the school corporation's legal council should be consulted.

A copy of the form is shown below and on the following page.

### STANDARD STUDENT ACCIDENT REPORT FORM

Report ALL Accidents to Students Occurring Anywhere, Day or Night

1. Name: \_\_\_\_\_ Home Address: \_\_\_\_\_
2. School: \_\_\_\_\_ Sex: M  ; F  . Age: \_\_\_\_\_ Grade or classification: \_\_\_\_\_
3. Time accident occurred: Hour \_\_\_\_\_ A.M.; \_\_\_\_\_ P.M. Date: \_\_\_\_\_
4. Place of Accident: School Building  School Grounds  To or from School  Home  Elsewhere

#### NATURE OF INJURY

Abrasion	_____	Fracture	_____
Amputation	_____	Laceration	_____
Asphyxiation	_____	Poisoning	_____
Bite	_____	Puncture	_____
Bruise	_____	Scalds	_____
Burn	_____	Scratches	_____
Concussion	_____	Shock (el.)	_____
Cut	_____	Sprain	_____
Dislocation	_____		
Other (specify)	_____		

#### DESCRIPTION OF THE ACCIDENT

How did accident happen? What was student doing? Where was student? List specifically unsafe acts and unsafe conditions existing. Specify any tool, machine or equipment involved.

#### PART OF BODY INJURED

Abdomen	_____	Foot	_____
Ankle	_____	Hand	_____
Arm	_____	Head	_____
Back	_____	Knee	_____
Chest	_____	Leg	_____
Ear	_____	Mouth	_____
Elbow	_____	Nose	_____
Eye	_____	Scalp	_____
Face	_____	Tooth	_____
Finger	_____	Wrist	_____
Other (specify)	_____		

# STANDARD STUDENT ACCIDENT REPORT FORM

(Continued)

6. Degree of Injury: Death  Permanent Impairment  Temporary Disability  Nondisabling
7. Total number of days lost from school: \_\_\_\_\_ (To be filled in when student returns)

## Additional Information on School Jurisdiction Accidents

8. Teacher in charge when accident occurred (Enter name): \_\_\_\_\_  
Present at scene of accident: No: \_\_\_\_\_ Yes: \_\_\_\_\_

### IMMEDIATE ACTION TAKEN

9. First-aid treatment \_\_\_\_\_ By (Name): \_\_\_\_\_  
Sent to school nurse \_\_\_\_\_ By (Name): \_\_\_\_\_  
Sent home \_\_\_\_\_ By (Name): \_\_\_\_\_  
Sent to physician \_\_\_\_\_ By (Name): \_\_\_\_\_  
Physician's Name: \_\_\_\_\_  
Sent to hospital \_\_\_\_\_ By (Name): \_\_\_\_\_  
Name of Hospital: \_\_\_\_\_

10. Was a parent or other individual notified? No: \_\_\_\_\_ Yes: \_\_\_\_\_ When: \_\_\_\_\_ How: \_\_\_\_\_  
Name of individual notified: \_\_\_\_\_  
By Whom? (Enter name): \_\_\_\_\_

11. Witnesses: 1. Name: \_\_\_\_\_ Address: \_\_\_\_\_  
2. Name: \_\_\_\_\_ Address: \_\_\_\_\_

LOCATION	Specify Activity	Specify Activity	Remarks
	Athletic field	Locker	What recommendations do you have for preventing other accidents of this type? _____
	Auditorium	Pool	_____
	Cafeteria	Sch. grounds	_____
	Classroom	shop	_____
	Corridor	Showers	_____
	Dressing room	Stairs	_____
	Gymnasium	Toilets and washrooms	_____
	Home Econ.	Other (specify)	_____
	Laboratories		_____

Signed: Principal: \_\_\_\_\_ Teacher: \_\_\_\_\_

(National Safety Council — Form School 1)

## EVALUATION

### Evaluation Is . . .

- a continuous ongoing process
- a diagnostic tool
- an aid to program planning
- NOT an occasional event
- NOT a labeling device
- NOT a form of student punishment

### It Involves . . .

- the assessment of student performance on the basis of individual progress in relation to abilities and capabilities.
- the utilization of a sufficient number of techniques to provide comprehensive information

about the child e.g., teacher observation, class discussion, performance tests, anecdotal records, etc.

- an emphasis on individual progress rather than comparative rankings.
- the participation of students in self-evaluation activities.

and should . . .

- be compatible with the entire school and reflect departmental agreement among staff members.
- be based upon established objectives reflecting the goals and objectives of the school corporation, school, teacher, and student.
- be clearly defined and carefully communicated to students and parents.

## ELEMENTS OF EVALUATION

### Physical Development

Strength, endurance, agility, flexibility, power, speed, balance, reaction time, coordination, cardiovascular efficiency.

### Achievement

Skills, performance, improvement, effort, ability, execution, application.

### Knowledge

Activity, rules, skills, strategy, safety, terminology.

### Participation

Attitude, cooperation, responsibility, enthusiasm, leadership, sportsmanship, safety practices.

### Attendance and Preparation

Attendance, personal responsibilities.

## DEVICES

Fitness tests, motor ability tests, teacher observations. Accomplishment of goals set by the student.

Skill tests, teacher observation, written tests, game results. Accomplishment of goals set by the student.

Written tests, teacher observations. Student research.

Teacher observations, squad leader records.

Teacher observations, squad leader records, roll book, etc.

Conference

Letter grade

## ALTERNATIVE GRADING SYSTEMS AND REPORTING

Type	Advantages	Disadvantages
Pass-Fail System	<p>Reduces focus on letter grade and permits more relaxed learning climate.</p> <p>Easier to administer.</p>	<p>May be difficult to determine line between pass and fail.</p> <p>Does not reveal performance levels of individual students.</p> <p>May include non-academic criteria.</p>
Letter-Grade System	<p>Shows range of abilities and attitudes within a classroom.</p> <p>Is familiar to most adults and students.</p>	<p>Ranks students on a competitive basis rather than on the basis of individual progress.</p> <p>Does not indicate particular strengths and weaknesses.</p> <p>May include non-academic criteria.</p>
Checklist	<p>Indicates performance and skill level and reveals individual progress.</p> <p>Allows individuals to assess areas of strengths and weaknesses.</p> <p>Does not rank students competitively but instead takes into account ability and need.</p> <p>Provides a guide for program planning.</p>	<p>Requires careful assessment and record keeping.</p> <p>May need simplification for purposes of communication with parents.</p>
Conference	<p>Involves increased communication between teacher, parent and student.</p> <p>Has good public relations benefits.</p> <p>Allows problem situations to be resolved more easily.</p>	<p>Is time consuming and may be difficult to arrange.</p> <p>Requires careful advance preparation.</p>
Contracting	<p>Provides students with choice of activities and grade.</p> <p>May increase student motivation.</p> <p>Creates a teacher - student learning partnership.</p> <p>Eliminates percentage failure.</p>	<p>May promote content-centered rather than student-centered behavior.</p> <p>May reduce group interaction.</p> <p>Involves time consuming record keeping and student conferences.</p>

## SAMPLE CONTRACT

### Volleyball Unit

Name \_\_\_\_\_ Teacher \_\_\_\_\_ Grade or level \_\_\_\_\_

Student Instruction: A minimum number of contracts must be completed in each of the following areas: written, oral, skill.

Written Task(s) Date(s) due \_\_\_\_\_

Oral Task(s) Date(s) due \_\_\_\_\_

Skill Task(s) Date(s) due \_\_\_\_\_

Examples of a written task

1. Outline and compare the duties of a volleyball referee, umpire, scorer, timer, and linesman.
2. Draw to scale and label a volleyball court. Identify player positions.

Examples of an oral task

1. Identify three types of serving fouls.
2. Explain how to set the ball for a spike.

Examples of a skill task

1. Place 10 underhand serves within the boundaries of the receiving court.
2. Demonstrate a two-hand block.

Note: Points may be awarded for each task and accumulated for a letter grade assignment.

## SAMPLE CHECKLIST FOR GRADES K-6

### Physical Education Progress Report

Name \_\_\_\_\_ Teacher \_\_\_\_\_ Grade or level \_\_\_\_\_

Report Periods

1	2	3	4	5	6	Skill Area	Specific Skill/Activity	Good Progress	More Progress Needed
						Locomotor Movements			
						Non-locomotor Movements			
						Rhythms			
						Object Handling			
						Games and Sports			

## SAMPLE CHECKLIST (continued)

### Report Periods

1	2	3	4	5	6	Skill Area	Specific Skill/Activity	Good Progress	More Progress Needed
						Stunts, Tumbling, Apparatus			

Comments: \_\_\_\_\_

## Parent-Teacher-Student Conference

### Conference Guidelines

1. Schedule the conference at a time that is convenient for parents and the teacher. (The student might also participate in the conference.)
2. Create a warm, comfortable, accepting climate.
3. Be prepared to say something complimentary about the student. Approach problems in a positive way.
4. Provide parents an opportunity for input and be aware that their information can contribute greatly to an understanding of the student.
5. Be objective in describing the student's performance using a checklist and/or other supporting data.
6. Discuss projected activities for the student and jointly agree upon a plan of action if a problem must be resolved.
7. Conclude the conference on a positive note.
8. Record notes following the conference.

### Program Evaluation Should . . .

- Provide an accurate assessment of strengths and weaknesses in terms of: program goals and objectives, utilization of staff, facilities and equipment.
- Indicate direction for program change and/or removal.
- Permit input from administrators, teachers, students, and community.
- Provide an accurate assessment of the extent to which students' needs are met.
- Indicate areas in which additional safety precautions should be adopted.

## ASSESSMENT OF PERCEPTIONS OF ADMINISTRATORS WITH REGARD TO THEIR SCHOOL PROGRAMS

SCHOOL \_\_\_\_\_ POSITION \_\_\_\_\_

Please give your evaluation of the presence of these qualities in the physical education department in your school. Place the number which describes your evaluation, according to the following scale. This will become a part of the assessment of the physical education department.

5 — The best that might reasonably be expected, not necessarily perfect.

4 — A good situation.

3 — An acceptable level, with the essentials present for satisfactory accomplishment.

2 — Deficient to the point that satisfactory accomplishment is not made.

1 — Not present at all.

1. The department is responsive to requests for input to assist in formulating school policy.
2. The department develops or accepts innovations or changes aimed at improving instruction.
3. The department sees itself as one part of the total school program and cooperates effectively with other departments and the administration.
4. Educational objectives have been identified and the scope and sequence of courses offered are designed to meet these objectives.
5. The department meets with success in meeting these objectives.
6. Other departments have good and positive feelings about this department.
7. Most students have favorable feelings about the department.
8. There are adequate quantities and quality of materials, teaching aids, equipment and facilities for good work to be done.
9. Teachers make the best use of available facilities.
10. Teacher assignments within the department are made to take advantage of teacher strengths.
11. Teachers develop and use effective methods of testing and evaluation.
12. Teachers have enthusiasm for teaching and are able to foster enthusiasm in students.
13. Teachers are responsive to individual student needs.
14. Teachers use current and effective teaching strategies.

5	4	3	2	1

## TEACHER ASSESSMENT OF THE PHYSICAL EDUCATION PROGRAM

Class \_\_\_\_\_

Grade Level \_\_\_\_\_

5 — Always

2 — Occasionally

4 — Usually

1 — Seldom

3 — Often

N — Never

1. The activity is appropriate to the student's level of achievement.
2. The activity will have some benefit to the lifetime of the student.
3. The activity contributes directly to the achievement of program objectives.
4. The activity offers sufficient opportunities for success.
5. The activity has meaning in the current social life of the learner.
6. The activity lends itself to reasonable safety practices.
7. The activity has relevance to students' interest and needs.
8. Provisions are made for students with special needs or problems.
9. Policies and practices take into account individual needs and variability.
10. Policies and practices are communicated to and easily understood by students and parents.
11. The learning environment is utilized in the most efficient way.
12. The grading system is appropriate for students of varying ability levels.
13. Effective and current methods of testing and evaluation are used.
14. Efforts are made to provide a balanced and progressive program for students.
15. Current and effective teaching strategies are employed.

5	4	3	2	1	N

## STUDENT ASSESSMENT OF THE PHYSICAL EDUCATION PROGRAM

School \_\_\_\_\_

Circle Grade Level    7    8    9    10    11    12

Men's Department

Women's Department

Please mark your opinion about the information listed below. Follow the 5 point rating scale.

5 — Always

2 — Occasionally

4 — Usually

1 — Seldom

3 — Often

N — Never

45

STUDENT ASSESSMENT OF THE  
PHYSICAL EDUCATION PROGRAM (*continued*)

1. The program is geared to the needs of the student.
2. There is enough variety in activities, team sports, individual sports, rhythemics, gymnastics and self-testing.
3. Experiences in physical education lead to the development of good attitudes and relationships with fellow students.
4. Physical fitness—agility—balance—endurance—strength—flexibility are developed.
5. Special opportunities are provided for those who cannot take part in the regular program.
6. Because of individual sports offered, my interest in lifetime sports has been increased.
7. An adequate intramural program is available.
8. Knowledge and understanding of the development and functions of the body are outgrowths of the physical education program.
9. The facilities and equipment in the physical education department are adequate.
10. The physical education teachers are dedicated and enthusiastic.
11. Coeducational activities are offered to the students.
12. Concern for the health and safety of the students is given careful consideration.
13. In general, I have found my physical education courses to be an enjoyable experience.
14. The physical education teachers appear to have adequate knowledge of their subject matter.
15. The number and selection of advanced courses available are adequate.  
(Applicable to senior high.)

5	4	3	2	1	N

An additional assessment device: *Indiana Physical Education Scorecard for Elementary and Secondary Schools* (1969).

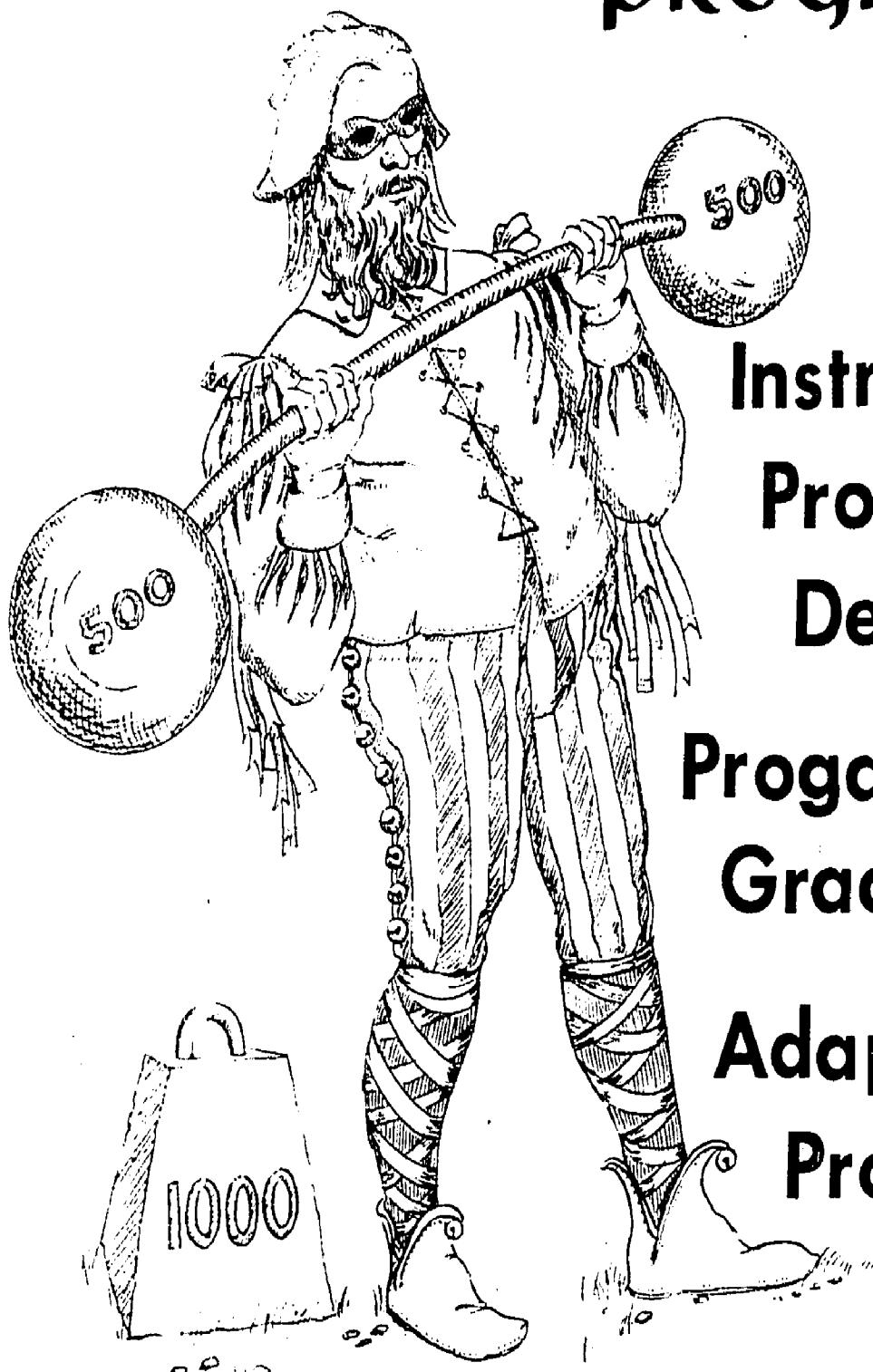
PROGRAM RENEWAL MIGHT . . .

- Involve the revision of policies and procedures.
- Involve in-service training.
- Require curriculum changes or additions in order to meet individual student needs.
- Involve the reorganization of both human and material resources.
- Increase community inter-action.
- Require additional teaching stations and equipment.

### **Some Renewal Techniques—**

- Development of goals and objectives.
- Development of public relation startegies.
- Development or revision of policy manuals.
- Inter-school visitations.
- Workshops and conferences.
- Course development.
- Acquisition of teaching aids, materials, and equipment.
- Identification of community resources.
- Development of supplemental programs.
- Membership in professional organizations.
- Advanced studies.

# **the instructional program**



**Instructional  
Program  
Design**

**Program Content  
Grades K-12**

**Adapted  
Program**

**Elective Program**

## **INSTRUCTIONAL PROGRAM DESIGN**

The instructional program design is intended to provide an overview of activities and performance skills appropriate for school age students. It is patterned to encourage educators to provide programs which foster the following behaviors and attitudes: creativity, self-direction, safety habits, understandings required for effective human relationships and sensitivity to physical fitness needs. These as well as performance skills are intended to carry-over to intramurals, interscholastics, recreation programs, and lifetime enjoyments. The stated performance skills at each phase level represent viable norms accepted by leaders in the area of physical education.

In order to gear the instructional program to the developmental needs of all pupils—the gifted, average, slow and physically handicapped, a phased approach was developed. It provides for the recognition of the wide range of individual needs and abilities at each age level and enables teachers to plan accordingly for the sequential progression of skills. The phases are listed below.

- Phase I — Kindergarten through Grade Two
- Phase II — Grade Three through Grade Four
- Phase III — Grade Five through Grade Six
- Phase IV — Grade Six through Grade Eight
- Phase V — Grade Nine through Grade Twelve
- Phase VI — Advanced Classes
- Phase VII — Adapted Classes

## **QUALITY FACTORS IN GRADES K-12 PHYSICAL EDUCATION PROGRAM**

Plan for daily participation.

Plan for co-educational activities.

Provide adequate equipment.

Plan for out-of-doors activities.

Provide a variety of activities based on student needs, interests, and physical condition.

Allow for individual programming.

Provide for direction from the classroom teacher or physical education teacher.

Plan for integration with other curriculum areas.

Plan for adequate budget allowance.

## LEARNING DOMAINS

Psychomotor Human Movement

Cognitive Knowledge and Understandings

Affective Attitudes and Values

### Psychomotor Objectives

- To develop organic and muscular strength, efficiency, and endurance for optimum functioning of the total organism.
- To develop power, speed, flexibility and coordination.
- To acquire motor skills resulting in efficient use of the body and serving as a basis for present and future participation in lifetime recreational activities.
- To provide for the attainment of healthful postural habits.
- To provide opportunities for movement learning experiences.

### Cognitive Objectives

- To utilize game techniques, strategies, and rules which will aid in understanding and participating in sports.
- To acquire sports knowledges which create a continuing interest in sports activities.
- To understand the principles of movement and of body mechanics which result in economical and efficient use of the body in work and play.
- To understand the human body and the factors which influence the development and maintenance of physical fitness.

### Affective Objectives

- To know the feeling of personal satisfaction by successful physical participation in activities.
- To develop personal qualities and patterns of behavior which make possible more effective social relationships—self-control, fair play, respect for others—responsibility, loyalty, cooperation and courtesy.

- To develop an appreciation of the necessity and desirability of establishing and following rules of play.
- To develop effective leadership-followerhip techniques and attitudes.
- To participate as a member of a group.
- To realize self-worth.

## AN INTERDISCIPLINARY APPROACH

Physical education can be correlated with other areas of the curriculum when it seems appropriate. Integration may be achieved by planning activities around a concept or topic central to other disciplines.

Representative activities illustrate a conceptual approach.

### Optional Concepts

Mathematics—Measurement, numbers, geometric forms, etc.

Art—Symmetry, color, etc.

Science—Force, motion, space/time relationships, etc.

Social Studies—Interdependence, culture, custom, etc.

Language Arts—Nonverbal communications, mood, etc.

Music—Rhythm, tempo, etc.

## MATHEMATICS

Measure the dimensions of various playing courts.

Learn methods of scoring in sports and games.

Measure sports performance, such as times, distances, and heights.

Create floor patterns in dance such as circles, squares, rectangles, and parallel lines.

Design tournament pairings.

Calculate averages from physical fitness and other performance tests.

Calculate percentages such as team standings, batting averages.

Make graphs and charts to illustrate pupil progress in an activity.

Compare European records in the metric system with those of Americans.

### ART

Use art media such as figure drawings, modeling clay, pipe cleaners, wood, scap, etc., to illustrate physical performance.

Examine art masterpieces in painting and in sculpture that illustrate the lines and grace of body movements.

Make bulletin board displays and attractive posters publicizing physical education activities.

### SCIENCE

Relate physical fitness in terms of muscular strength and muscular endurance to "work capacity" as measured by tests of cardiorespiratory endurance.

Measure vital capacity and correlate it with changes in physical performance.

Study reaction time and movement time and how they are modified by temperature, motivation and fatigue, physical conditioning, and sports training.

Study body function by analyzing the motor performance of individuals under different conditions.

Relate body function to conditions such as obesity, malnourishment, upper respiratory difficulties, coronary heart attacks, and performance limitations in team and individual sport activities.

Relate the laws of motion to physical activities.

Use a variety of musical instruments to illustrate how sounds differ in pitch, volume, and quality.

Investigate the application of force when hitting an object with another object.

### SOCIAL STUDIES

Perform folk dances of other lands and the different cultures.

Identify the origins of physical education activities such as archery and the discus throw.

Discuss the tradition of tournaments.

Compare the life style of ancient Greeks and Romans with those of Americans.

Investigate the relationship of the Olympic Games and modern games.

Discuss the value of play as an activity full of meaning such as a child's way of life, a therapeutic agent for the handicapped, senior citizens, etc., and with powerful social, medical, educational, and recreational implications.

### LANGUAGE ARTS

Write newspaper stories about the local sports program.

Write about personal physical education experiences.

Research the origins of games, rules, and sports figures.

Officiate a game.

Express words, phrases, etc., through movement and the use of music.

Read literary works that are concerned with physical expression and motor performance.

### MUSIC

Listen to music that suggests movement.

Perform to music that suggests movement such as waltzing, skipping, and the whole range of basic dance patterns.

Participate in singing games with physical actions.

### Physical Education Program Content

ACTIVITY	TYPE OF SPORT			GRADE LEVEL												
	Team	Indv.	Life Time	K	1	2	3	4	5	6	7	8	9	10	11	12
Angling/ Casting		X	X												X	X
Aquatics		X	X		X	X	X	X	X	X	X	X	X	X	X	X
Archery		X	X								X	X	X	X	X	X
Badminton		X	X								X	X	X	X	X	X
Basketball	X						X	X	X	X	X	X	X	X	X	X
Bicycling		X	X				X	X	X	X	X	X	X	X	X	X
Bowling		X	X					X	X	X	X	X	X	X	X	X
Dance/ Rhythms		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fencing		X	X										X	X	X	X
Field Hockey	X												X	X	X	X
Games/ Relays	X				X	X	X	X	X	X	X					
Golf		X	X									X	X	X	X	X
Gymnastics		X					X	X	X	X	X	X	X	X	X	X
Handball		X	X										X	X	X	X
Movement Exploration		X			X	X	X	X								
Orienteering	X	X												X	X	
Physical Fitness/ Conditioning		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Recreational Group Games	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X
Riflery		X	X												X	X
Self-Defense		X	X								X	X	X	X	X	X
Soccer/ Speedball	X						X	X	X	X	X	X	X	X	X	
Softball/ Mushball	X		X					X	X	X	X	X	X	X	X	
Table Tennis		X	X					X	X	X	X	X	X	X	X	
Tennis		X	X					X	X	X	X	X	X	X	X	
Touch Football	X		X					X	X	X	X	X	X	X	X	
Track/ Field		X				X	X	X	X	X	X	X	X	X	X	
Tumbling/ Self-Testing		X			X	X	X	X	X	X	X	X	X	X	X	

**PHYSICAL EDUCATION PROGRAM CONTENT**  
*(continued)*

ACTIVITY	TYPE OF SPORT				GRADE LEVEL										
	Team	Indv.	Life Time	K	1	2	3	4	5	6	7	8	9	10	11
Volleyball	X		X				X	X	X	X	X	X	X	X	
Weight Training/ Weightlifting		X	X									X	X	X	X
Wrestling		X								X	X	X	X		

**PHASE ONE**

GRADES K-2

CONCEPT	SYMMETRY	PATH
ACTIVITY	NON-LOCOMOTOR MOVEMENT	MOVEMENT EXPLORATION
Performance Objectives	<p>Student should be able to—</p> <p>recognize the difference between symmetrical and asymmetrical designs.</p> <p>use his/her body to form symmetrical designs.</p>	<p>Student should be able to—</p> <p>demonstrate an understanding of path by moving along a prescribed visual path.</p> <p>change direction at various times to create a new path e.g., curved path, path with obstacle, etc.</p>
Instructional Strategy	<p>Teacher should—</p> <p>discuss symmetry in design using pictures, chalkboard drawings, etc.</p> <p>have one or more students demonstrate symmetrical body positions, e.g., both arms out, both legs bent, both hands on waist, etc.</p> <p>experiment with symmetrical rhythm patterns, e.g., two steps forward, two steps backward, three hops, two skips, three hops, two skips, etc. Emphasize the repetitiveness and evenness in the pattern.</p>	<p>Teacher should—</p> <p>have children walk to beat of drum along a prescribed path (i.e., throw a rope on the floor and walk the path of the rope.)</p> <p>change the paths by adding conditions, e.g., obstacles, directions, etc.</p> <p>have children create, describe and move along new paths.</p>

PHASE ONE  
(continued)

GRADES K-2

CONCEPT	SYMMETRY	PATH
ACTIVITY	NON-LOCOMOTOR MOVEMENT	MOVEMENT EXPLORATION
	<p>use Simon Says or similar technique to have students assume different poses or moves. Students should then decide if the movement or position is symmetrical.</p> <p>an optional activity, have children bring in pictures (people or things) that might be labeled.</p>	
Space/Equipment	Gym Pictures Chalkboard	Gym or play area Drum

PHASE ONE

GRADES K-2

CONCEPT	RHYTHM	NONVERBAL COMMUNICATION
ACTIVITY	MOVEMENT EXPLORATION WITH RHYTHM	MOVEMENT EXPLORATION USING GESTURE
Performance Objectives	Student should be able to— move in accordance with the beat of the drum and/or record.	Student should be able to— express ideas using bodies rather than voices. respond to various musical moods.
Instructional Strategy	<p>Teacher should— instruct students to clap hands in time with the drum or record.</p> <p>have students step or march to the beat of the drum or record:</p> <ul style="list-style-type: none"> <li>a. vary the rate of the drum beat</li> <li>b. give students an opportunity to work with a partner or in groups of three.</li> </ul> <p>have children create a series of rhythmic patterns.</p>	<p>Teacher should— discuss ways of expressing ideas and feelings without talking e.g., techniques used by deaf people.</p> <p>ask students to express ideas with gestures, e.g., cold, hot, excited, happy, sad, angry, afraid, sleepy, etc.</p> <p>play music and ask students to express feelings through movement.</p> <p>as an optional activity ask children to tell a story, e.g., with gestures.</p>

PHASE ONE  
(continued)

GRADES K-2

CONCEPT	RHYTHM	NONVERBAL COMMUNICATION
ACTIVITY	MOVEMENT EXPLORATION WITH RHYTHM	MOVEMENT EXPLORATION USING GESTURE
Space/Equipment	Classroom or gym Drum or record	Classroom or gym Various mood records

PHASE ONE

GRADES K-2

CONCEPT	OPPOSITES	SHAPE
ACTIVITY	MOVEMENT EXPLORATION	MOVEMENT EXPLORATION
Performance Objectives	Student should be able to—  express the meaning of opposites through movement.  create a movement pattern sequence utilizing opposites.	Student should be able to—  form various shapes, e.g., letters, numbers, objects, etc., with his/her body.
Instructional Strategy	Teacher should—  review the components of movement, e.g., space, size, force, direction, turn, twist, swing, etc.  discuss the concept of opposites with children and have them name and/or demonstrate several opposites, e.g., big-little, sleepy-aware, happy-sad, etc.  have children identify and perform opposite movements, e.g., forward-backward step, low-high walk, short-long jump, loud-soft walk, etc., to various rhythms.  have children in pairs develop and perform a movement pattern sequence using at least four opposite movements. Have the class identify opposites.	Teacher should—  discuss various shapes with students. Have them identify objects, letters, numbers with various shapes.  have students create shapes with their body.  have students work in pairs or groups of three to create additional letters and numbers, e.g., T, S, N.
Space/Equipment	Gym or play area	Gym or play area

## PHASE TWO

GRADES 3-4

CONCEPT	NON-VERBAL COMMUNICATION	INTERDEPENDENCY SPECIALIZATION
ACTIVITY	MOVEMENT EXPLORATION	KICKBALL
Performance Objectives	<p>Student should be able to—</p> <p>use gestures to express feelings and ideas.</p> <p>explore the many ways body movement can be used to express a particular feeling or idea.</p>	<p>Student should be able to—</p> <p>understand the concepts of interdependency and specialization as they relate to business and athletics.</p> <p>participate in a game that requires interdependency and specialization.</p>
Instructional Strategy	<p>Teacher should—</p> <p>relate communication to body movement, e.g., ways of saying hello with gestures.</p> <p>select an idea or feeling, e.g., pain and have students explore many ways of expressing it with body movements.</p> <p>have students work in pairs and express a range of ideas or feelings with body movements.</p> <p>use non-verbal communication through movement to various dance forms, e.g., ballet, folk dances, etc. Films might be used for this activity.</p>	<p>Teacher should—</p> <p>discuss specialization, division of labor and interdependency as it relates to business, athletics, etc.</p> <p>discuss roles and responsibilities of team members in athletic situations.</p> <p>play kick ball and then analyze the game in terms of the functions performed by team members.</p>
Space Equipment	Gym Play area	Playground Soccer ball

PHASE TWO  
(continued)

GRADES 3-4

CONCEPT	PATH	SYMMETRY
ACTIVITY	MOVEMENT EXPLORATION	INDIVIDUAL AND GROUP STUNTS
Performance Objectives	<p>Student should be able to—</p> <p>change the path of movements in response to directions.</p> <p>respond to the beat of the drum in expressing the path.</p>	<p>Student should be able to—</p> <p>recognize the difference between symmetrical and asymmetrical stunts.</p> <p>perform individual and group stunts that are symmetrical in design.</p>
Instructional Strategy	<p>Teacher should—</p> <p>have students move and change directions in response to a drum beat, e.g., four steps forward, four steps backward, four steps sideways, etc.</p> <p>use the drum head sound to signal movement in a straight path and the drum rim sound to signal movement in a curved path. Alternate movements giving children opportunities to move in straight and curved paths following specified directions.</p>	<p>Teacher should—</p> <p>demonstrate or have students demonstrate stunts and then determine whether they are symmetrical or asymmetrical.</p> <p>Group activities:</p> <ul style="list-style-type: none"> <li>pyramids</li> <li>chinese get-up</li> <li>spread eagle hand stand</li> <li>merry-go-round</li> </ul> <p>Individual activities</p> <ul style="list-style-type: none"> <li>head stand</li> <li>tip up</li> <li>tripod</li> <li>hand-knee balance</li> </ul> <p>have students perform specified stunts.</p>
Space/Equipment	Gym Drum or other instruments	Gym Mats

PHASE TWO  
(continued)

GRADES 3-4

CONCEPT	CUSTOMS	RHYTHM, DIRECTIONALITY
ACTIVITY	INDIAN DANCE	MOVEMENT EXPLORATION WITH RHYTHM
Performance Objectives	Student should be able to— perform at least two Indian dances. relate particular dances to the Indian way of life.	Student should be able to— move in a specific direction responding to a drum stick and clapping hands, e.g., drum forward, sticks backward, clap hands sideways.  combine directions to form a movement pattern in response to rhythm and instrument.
Instructional Objectives	Teacher should—  discuss the various types of dances Indians performed to celebrate various occasions or events.  have students explore dance movements, e.g., war dance (slow toe and heel step, rapid hop with body bent forward, fast step-hop with knees lifted, etc.)  introduce a particular dance and give students opportunities to perform in various sized groups.	Teacher should—  instruct students to move in specified directions in time with the beat and according to the instrument used, creating various movement patterns.  give children opportunities to assume leadership by directing the movement patterns.
Space/Equipment	Classroom or gym Indian dance music	Classroom or gym Drum or stick

PHASE THREE

GRADES 5-6

CONCEPT	RHYTHM	RHYTHM, SYMMETRY
ACTIVITY	BALL HANDLING AND JUMPING	MOVEMENT PATTERNS
Performance Objectives	Student should be able to—  use ropes to jump, hop, skip in concert with the rhythm provided by the beat of a drum or music.	Student should be able to—  recognize the difference between symmetrical and asymmetrical movement patterns.

PHASE THREE  
(continued)

GRADES 5-6

<b>CONCEPT</b>	<b>RHYTHM</b>	<b>RHYTHM, SYMMETRY</b>
<b>ACTIVITY</b>	<b>BALL HANDLING AND JUMPING</b>	<b>MOVEMENT PATTERNS</b>
	<p>perform ball handling skills, e.g., dribbling in accordance to a specified rhythm.</p> <p>combine skills into a routine.</p>	<p>perform both symmetrical and asymmetrical movement sequences.</p>
Instructional Strategy	<p>Teacher should—</p> <p>provide students with jump ropes and balls and have them jump, skip, dribble, etc., to the beat of a drum.</p> <p>after some skill is gained, use records to provide the rhythm.</p> <p>give students an opportunity to develop a routine to music combining ball handling and jumping skills. For this activity students may wish to work in small teams.</p>	<p>Teacher should—</p> <p>discuss movement patterns in terms of symmetrical or assymetrical characteristics.</p> <p>have the group compose a symmetrical and/or asymmetrical movement pattern which could be set to music or drum beat.</p> <p>have students work in pairs to compose and perform various movement pattern sequences.</p> <p>as an optional activity discuss choreography and relate it to the movement sequence activities.</p>
Space/Equipment	Gym Jump ropes, balls, drum Record	Gym Drum or records

PHASE THREE

GRADES 5-6

<b>CONCEPT</b>	<b>METRIC MEASUREMENT</b>	<b>ROTARY MOTION</b>
<b>ACTIVITY</b>	<b>TRACK AND FIELD EVENTS</b>	<b>GYMNASTICS</b> <b>UNEVEN PARALLEL BARS</b>
Performance Objectives	<p>Student should be able to—</p> <p>measure the results of track and field events using the metric system.</p>	<p>Student should be able to—</p> <p>perform circular motion around a bar by doing a casting back hip circle.</p>

### PHASE THREE

*(continued)*

GRADES 5-6

CONCEPT	METRIC MEASUREMENT	ROTARY MOTION
ACTIVITY	TRACK AND FIELD EVENTS	GYMNASICS UNEVEN PARALLEL BARS
	participate in track and field events.	explain differences in circular motion in this activity as compared to forward roll and cartwheel.
Instructional Strategy	<p>Teacher should—</p> <p>have students use a centimeter tape to measure distance in five meter lengths for distance softball and football throwing events (prior to field events).</p> <p>have students participate and then measure performance in the following events: high jump, standing broad jump, running long jump, distance football throw.</p>	<p>Teacher should—</p> <p>using chalkboard diagrams, explain the mechanics of the back hip circle and relate it to circular motion.</p> <p>divide students into groups and practice casting and returning to the bar (each student spotted), then have students do back hip circles.</p> <p>as an optional activity for some students, introduce front tuck hip circles.</p> <p>discuss activity in terms of rotary motion, center of gravity, etc.</p>
Space/Equipment	Playground Centimeter tape	Gym Chalkboard Uneven parallel bars (one or two sets) Single bar (three-four feet high)

### PHASE THREE

GRADES 5-6

CONCEPT	CUSTOM	AESTHETIC VALUE OF SPORTS
ACTIVITY	GUSTAF'S SKOAL	SPORTS APPRECIATION
Performance Objectives	Student should be able to—  compare certain cultural differences between the USA and Sweden.	Student should be able to—  recognize characteristics of athletics that make a sport interesting and enjoyable to watch.

## PHASE THREE

(continued)

GRADES 5-6

CONCEPT	CUSTOM	AESTHETIC VALUE OF SPORTS
ACTIVITY	GUSTAF'S SKOAL	SPORTS APPRECIATION
	perform the Swedish dance, Gustaf's Skoal.	name two or more sports activities that are personally satisfying and describe reasons that contribute to the choice.
Instructional Strategy	<p>Teacher should—</p> <p>discuss differences between American and Swedish cultures.</p> <p>if possible show films and/or pictures of Swedish life.</p> <p>play Swedish folk music and then introduce the Swedish folk dance, Gustaf's Skoal.</p> <p>have students perform the dance.</p>	<p>Teacher should—</p> <p>show various films that depict athletic performance, e.g., skiing, diving, ice-skating, cross country running, etc. Identify common elements in all performances. Identify major differences.</p> <p>discuss differences between amateur and professional performances.</p> <p>have students identify personal sports choices and reasons for choice.</p> <p>as an optional activity have students recognize the gracefulness and expressiveness of basketball and/or football players by setting a film to music.</p> <p>prepare a bulletin board focusing on the aesthetics of athletics.</p>
Space/Equipment	Gym Record	Classroom Gym, films, pictures, music

**PHASE I—GRADES K-2**  
**PHASE I—Locomotor Movements**

**Performance Skills for Walking:**

Student should be able to—  
walk with efficient arm,  
leg, and foot action  
and maintain good  
posture.  
walk in different  
directions.  
walk with different  
intensity.  
walk with different  
dimensions of step.  
walk 500 yards without  
undue fatigue.  
determine that different  
speeds of walking will  
reduce the time to get  
from place to place.  
identify the type of walking  
that is most fun and  
least tiring.

**Performance Skills for Running:**

Student should be able to—  
run without falling down  
or bumping into objects.  
run in different directions.  
tag another person while  
running.  
dodge a tagger without  
falling.  
run a 30 yard dash in six  
seconds or less.  
run continuously for  
one minute.  
be aware of body move-  
ments for efficient  
running.  
experience the pleasure  
of running.

**Activity:**

Allow the children to explore movement by asking questions and letting them respond in their own way.

**Can You—**

walk high, low?  
change direction, level, speed  
without stopping?  
walk with feet pointing inward,  
outward?  
walk on your toes, heels?  
walk happy, sad?  
walk backward?  
walk to rhythm—clapping hands,  
the sound of a drum or a  
record.

How many different ways can you walk?

**Activity:**

**Can You—**

run in place?  
run in slow motion?  
run with knees high?  
run low to the ground?  
run backward?  
run heavily, lightly?  
run and stop when you hear a  
signal?

How many different ways can  
you run?

How many different ways can  
you move your arms while  
running?

### **Performance Skills for Jumping:**

Student should be able to—  
jump down from a height of  
three feet and main-  
tain balance.  
jump continuously in  
place maintaining balance.  
jump continuously moving  
forward, backward, and  
sideward.  
determine that one has to run  
faster to jump further.  
execute a standing long  
jump a distance of  
one's own height.  
execute a running long  
jump a distance of  
five feet or more.  
execute a jump and reach  
a height of five to eight  
inches above one's  
extended reach.  
jump over an object  
about two to three feet high.  
be aware of body movements  
for efficient jumping.

### **Performance Skills for Hopping:**

Student should be able to—  
hop alternately on each  
foot without losing  
one's balance.  
hop in different direc-  
tions.  
hop a distance of 30 feet  
continuously and with-  
out falling.  
determine the need to main-  
tain a constant rhythm  
while hopping.  
be aware of body movements  
for efficient hopping.

### **Activity:**

Can You—  
jump forward, sideward  
and backward?  
jump high?  
jump and turn slowly,  
making a circle?  
jump to a rhythm?  
jump back and forth over  
a line?  
combine jumping with  
other forms of  
movement?  
Do your arms help you  
jump high or low?  
How far can you jump?

### **Activity:**

Can You—  
hop in place?  
hop slowly turning in a  
circle?  
hop in different directions?  
hop changing feet on every  
third hop?  
hop to rhythm?

### **Performance Skills for Leaping:**

Student should be able to—  
execute a leap forward  
on alternating feet.  
execute a leap over a  
series of objects not  
any more than 12 inches  
high.  
identify the difference  
between a hop, a leap,  
and a jump.  
be aware of body movements  
for efficient leaping.

### **Performance Skills for Sliding:**

Student should be able to—  
execute a slide in  
different directions.  
execute a slide alone.  
execute a slide with a  
partner.  
be aware of body move-  
ments for efficient sliding.

### **Performance Skills for Skipping:**

Student should be able to—  
execute a skip forward.  
execute a skip in  
different levels.  
skip 200 yards without  
undue fatigue.  
be aware of body move-  
ments for efficient skipping.

### **Performance Skills for Galloping:**

Student should be able to—  
execute a gallop in different  
directions.  
execute a gallop alone.  
execute a gallop with a partner.  
execute a gallop and change the  
lead foot.

### **Activity:**

Can You—  
leap high?  
leap far?  
leap to rhythm?

### **Activity:**

Can You—  
slide to the right, left?  
slide without much lift?  
slide with a big lift?  
slide in a circle?  
slide with a partner by  
holding hands and facing each  
other?  
slide or rhythm?

### **Activity:**

Can You—  
skip high?  
skip slow?  
skip with a partner?  
skip to rhythm?  
move your arms in different  
ways while skipping.

### **Activity:**

Can You—  
gallop with the right leg  
leading?  
gallop with the left leg  
leading?  
gallop in a circle?  
gallop like a circus pony?

**Performance Skills for Galloping:**

(continued)

Student should be able to—  
identify the difference between  
a slide, a skip and a gallop.  
be aware of body movements for  
efficient galloping.

**Activity: (continued)**

Can You—

gallop in slow motion?  
gallop to music?  
gallop changing lead leg  
every fourth gallop without stopping?

**Performance Skills for Basic Rhythms:**

Student should be able to—  
clap to different  
rhythmic patterns.  
execute locomotor  
movements to musical  
accompaniment.  
change direction at the  
end of each phrase of  
music.  
execute body movements  
to the intensity of the  
music.  
bounce a ball to musical  
accompaniment.  
jump rope to musical  
accompaniment.  
execute non-locomotor  
movements to musical  
accompaniment.  
execute creativity in body  
movements to musical  
accompaniment.  
execute locomotor and non-  
locomotor movements to  
imitate animals and toys.  
perform nursery rhymes,  
poems, songs, etc.,  
creatively to musical  
accompaniment.

**PHASE I—GRADES K-2**

**PHASE I—Basic Rhythms**

**Activity:**

Can You—

Imitate toys, animals, etc., to  
a variety of musical accompani-  
ments.

Bring in a favorite record and  
put movements to the music.

Play a variety of singing games  
and folk dances such as:

Bingo

London Bridge

The Wheat

Oats, Peas, Beans

Little Polly Flinders

Blue Bird

Shoo Fly

Kitty White

Hickory, Dickory, Dock

Go Round and Round the Village

Paw Paw Patch

Deck the Halls

Did You Ever See A Lassie?

Kinderpolka

Ten Little Indians

Performance Skills for Basic Rhythms:

(continued)

Student should be able to—

perform creatively to

musical accompaniment

ideas which express

the quality, direction,

and level of movement.

perform several new singing

games and folk dances.

recognize when to start a

dance to the musical

accompaniment.

PHASE I—GRADES K-2

PHASE I—Object Handling

Performance Skills for Object Handling:

Student should be able to—

roll a ball over an 18 inch square  
from a 10 foot distance.

roll a ball at a wall 10 feet away  
and catch it as many times  
as possible.

catch a rolled ball from a  
partner standing 12 feet away.

bounce and catch a ball using  
both right and left hands  
for several minutes.

bounce and catch a ball with  
a partner standing 10 feet away.

bounce and catch a ball while  
walking and running or per-  
forming stunts.

strike a ball with a bat  
off a rubber tee for  
a distance of 10 feet.

recognize that body movement  
affects an object in  
terms of distance and  
direction.

Activity:

Allow the children to explore  
objects by asking questions and  
letting them respond in their own  
way.

Can You—

roll a ball along a painted line  
on the floor?

stand six feet away and roll a  
ball at wooden pins or milk  
cartons?

throw a beanbag for distance?

throw a beanbag at a target or  
through a box?

Play a variety of games such as:

Sky Ball

Line Roll Ball

Tunnel Ball

Duck on the Rock

Call Ball

How fast can the ball be bounced  
with two hands?

How high can the ball be bounced?

How low can the ball be bounced?

## Performance Skills for Object Handling:

(continued)

Student should be able to—  
throw a ball using a two-hand underhand throw at a target 12 feet away.  
throw a ball at a moving person 10 feet away.  
throw a ball using an over-arm throw a distance of 20 feet or better.  
throw a ball into the air about 10 feet and then catch it.  
kick a ball forward for a distance of 40 feet or more.  
kick a rolling ball.  
kick a ball at a target 10 feet away.  
jump a rope as many times as possible without missing.  
jump a long rope using both feet and on alternate feet.  
run into a turning rope and jump as many times as possible.  
jump the shot as many times as possible without missing.  
jump a rope both forward and backward.

## Activity : (continued)

Can the ball be bounced and caught with one hand?  
Can the ball be bounced through an obstacle course?  
Try a variety of individual and dual activities such as:  
Bouncing Ball  
Zig Zag Bounce Relay  
Place Kick Ball  
Bat Ball

## Performance Skills for Games and Sports:

Student should be able to—  
play skillfully running and tag-type games and

## PHASE I—GRADES K-2 PHASE I—Games and Sports

### Activity :

Play a variety of games such as:  
Circle Pass Ball  
Cowboys and Indians  
Flying Dutchman

**Performance Skills for Games**

**and Sports: (continued)**

show ability in dodging  
a tagger, changing  
directions and turning  
corners.

play skillfully simple  
ball games and show  
ability to control a  
ball, to handle a ball,  
and to keep score.

recall and play several  
individual, dual, and  
group games that can  
be played after school.

understand rules and  
strategy of simple  
games.

**Activity: (continued)**

**Four Square Catch**  
**Hound and Rabbit**  
**Jump the Brook**  
**Old Mother Witch**  
**Shadow Tag**  
**Stride Ball**  
**Three Little Witches**

**Performance Skills for**

**Non-Locomotor Movements**

**Student should be able to—**

swing, sway, bend, stretch,  
turn, pull, push, lift,  
and twist with a varia-  
tion in speed, direction,  
force and in areas of space.

understand that body sizes and  
shapes can be changed by  
moving body parts.

communicate an idea or feel-  
ing by moving body parts.

**Activity:**

Make yourself as small as possible.  
How far to the side can you bend;  
to the back, etc.?  
Keeping knees stiff, how close can  
you bring your head to your knees?  
Lying on the floor, can you touch  
your feet and head; feet and  
shoulders?  
How tall can you make your body  
while lying down, kneeling, stand-  
ing?  
How far can you reach lying down,  
kneeling, standing; how many  
different directions?  
Pull an object toward yourself  
(real or imaginary).  
Pull from the front, from the back,  
from the side, using one or  
both arms.

**Activity: (continued)**

Push light and heavy objects across  
the floor, (real or imaginary).

Push with one hand, two hands.

Lift various parts of your body  
while lying on the floor.

Lift light, medium and heavy objects  
(real or imaginary).

Combine swing with other locomotor  
movements using music.

Swing legs and arms in various  
directions and speeds.

See how far you can turn your body  
by jumping into the air, 1/4,  
1 2, 3/4 turn.

Twist arms and legs around other  
body parts.

Combine twist with other movements  
to music.

Sway like big trees in a strong  
wind.

**PHASE I—GRADES K-2**

**PHASE I—Stunts, Apparatus, Tumbling**

**Performance Skills for Stunts,  
Apparatus, Tumbling:**

Student should be able to—

perform several stunts that  
require agility and flex-  
ibility.

perform animal walks in a  
variety of motions and speed.

climb a rope or jungle gym  
at least twice one's  
height.

walk a low balance beam with-  
out stepping off.

hang from and roll over a low  
horizontal bar.

perform a forward roll.

**Activity:**

Engage in a variety of individual  
and dual activities such as:

Turk Stand

Heel Slap

Seal Walk

Crab Walk

Kip Up

Inch Worm

Log Roll

Falls

Forward Roll

Mule Kick

On the balance beam:

Forward Walk

Backward Walk

Performance Skills for Stunts,  
Apparatus, Tumbling: (*continued*)  
Student should be able to—  
perform a backward roll.  
perform several couple  
stunts.  
perform a tripod.  
appreciate individual body  
abilities and capabilities.

Activity: (*continued*)

Slide  
Leg Swing  
Gallop

On the horizontal bar:  
Hang Like a Monkey  
Pull Ups  
Skin the Cat  
Pull Over  
On the climbing rope:  
Chinning  
Double Rope Hang  
Swinging  
Climbing

PHASE II—GRADES 3-4  
PHASE II—Locomotor Movements

Performance Skills for Walking:  
Student should be able to—  
walk with efficient foot  
action.  
walk in a marching pattern.  
walk with a variation in  
intensity, direction,  
and size of step.  
select a walking move-  
ment in relation to  
a rhythm pattern.  
express a mood with a  
walking style.

Activity:  
Walk to rhythm from the beat  
of a drum or record.  
Walk a low balance beam  
forward, backward and sideward.  
How many different ways can you  
walk?

Performance Skills for Running:  
Student should be able to—  
run for several minutes  
without undue fatigue.  
run a 40 yard dash in a  
reasonable amount of  
time.  
run and dodge a tagger  
without collisions.

Activity:  
How many different ways can you  
run?  
How many different ways can you  
move your arms while running?  
Run for speed in a straight  
line.  
Change direction, level, and speed  
without stopping.

**Performance Skills for Running:**

*(continued)*

Student should be able to—

run and leap over a series  
of objects not any more  
than 24 inches high.

calculate running time and  
distance.

determine the fastest way  
of running an obstacle  
course.

choose a running event or  
activity that is personally  
satisfying.

**Activity: (continued)**

Run an obstacle course around,  
under, and over objectives.

**Performance Skills for Jumping:**

Student should be able to—

jump and reach 8 inches or  
more.

execute a standing long  
jump a distance of  
one's own height plus  
3 inches.

execute a running long  
jump approximately  
seven-eight feet.

execute a high jump  
approximately 32-34  
inches.

successfully jump and  
hop in a hop scotch  
game.

jump downward from a  
height of four feet and  
maintain balance.

jump continuously in  
place for 30 seconds.

calculate individual  
progress in jumping  
height and distance.

**Activity:**

How many different ways can  
you jump?

Play jump the shot.

Play jump the brook.

How can you use your arms?

Do a leapfrog relay.

**Performance Skills for Sliding:**

Student should be able to—  
slide in various directions  
and with a variety of  
speed.

**Performance Skills for Jumping Rope:**

Student should be able to—  
jump a rope using combinations of locomotor movements and speeds.  
create new ways of jumping rope and teach them to others.

**Performance Skills for Galloping:**

Student should be able to—  
gallop by himself.  
gallop with a partner.  
create a movement pattern using combinations of locomotor movements and speeds.

**Activity:**

Can you change direction and speed without stopping?  
Can you slide with a partner to rhythm?

**Activity:**

Can you jump a rope to various rhymes or rhythms?  
Can you do a jump rope relay?

**Activity:**

Can you gallop and change the lead foot?  
Can you gallop with a partner?

**PHASE II—GRADES 3-4**

**PHASE II—Non-Locomotor Movements**

**Performance Skills for**

**Swing, bend, stretch, twist:**  
Student should be able to—  
swing, sway, bend, stretch,  
turn and twist in a variety of directions.  
swing, sway, bend, stretch,  
turn and twist in combinations involving locomotor movements.  
communicate an idea or feeling through body movements to a rhythm pattern.

**Activity:**

Create movement patterns to music.

PHASE II—GRADES 3-4  
PHASE II—Basic Rhythms

**Performance Skills for Rhythm:**

- Student should be able to—
  - create combinations involving locomotor and non-locomotor movements with even and uneven rhythms.
  - add a change of direction, level and intensity while creating various combinations.
  - respond expressively to musical arrangements expressing emotions, occupations, story book characters.
  - create new body movements to known dances.
  - perform fundamental movements to singing games and simple folk dances.
  - perform the step-hop, step-swing, and two-step in simple dances.
  - identify and perform American folk dances involving the left elbow swing, right elbow swing, both hands around, promenade, do-si-do your partner.

**Activity:**

- Try a variety of American and folk dances such as:
  - Jolly is the Miller
  - Paw Paw Patch
  - Skip to My Lou
  - Danish Dance of Greeting
  - Grand March
  - Little Brown Jug
  - Oh, Susanna
  - Oh, Johnny
  - Virginia Reel
  - Crested Hen
  - Duck for the Oyster
  - Nellie Gray
  - Pop Goes the Weasel
  - Seven Jumps
- Bring in a favorite record and put movements to the music.

PHASE II—GRADES 3-4.  
PHASE II—Object Handling

Performance Skills for Ball

Handling:

Student should be able to—

throw a softball against  
a wall from an 8-10  
foot distance and  
catch it 3 out of 5  
times after it bounces  
once.

throw balls of a variety of  
sizes vertically into the  
air and catch the balls  
8 out of 10 times in  
succession.

throw a softball overhand  
to a partner 35 to 40  
feet away.

throw ground balls to a  
partner 20 to 25 feet  
away.

throw a small football to  
a partner 20 feet away.

throw a football at a 3 feet x 4 feet  
target from a distance  
of 10-15 feet and hit the  
target 5 out of 10 times.

throw a basketball at a 36 inch circle  
from a distance of 15 feet and  
hit the target 7 out of 10 times.

throw a soccer ball for distance.

throw a softball for distance.

kick a soccer ball between two  
objects 5 feet apart from a  
distance of 10 feet.

dribble a ball using either foot  
without losing control of the  
ball for a distance of 35 feet.

dribble a ball using either hand  
without losing control of the  
ball for a distance of 30 feet.

Activity:

Try a variety of group and  
dual activities such as:

Bombardment

Spud

Kickball

Line Soccer

Newcomb

Dribble Relay

Keep Away

Rotation Ball

Zig Zag Relay

Circle Softball

Throw It and Run

Two Squares

Scooter Basketball

Long Ball

Boundary Ball

Obstacle Relay

Jump Rope Relay

## **Performance Skills for Ball**

### **Handling: (*continued*)**

**Student should be able to—**

- strike a softball with a bat from a batting tee.
- strike a well-pitched softball with a bat and hit into fair territory.
- strike a volleyball with either one or both hands over a net within the boundaries of the opposite court.
- strike a volleyball with the hand for a distance of 30 feet.
- recognize that manipulative skills differ when different sized balls are used.
- recognize the advantage of coordinating the arm, hand, and leg movement for throwing balls.

## **PHASE II—GRADES 3-4**

### **PHASE II—Games**

#### **Performance Skills for Games**

##### **and Sports:**

**Student should be able to—**

- play skillfully running and tag-type games and show ability in dodging a tagger, changing directions and turning corners.
- play skillfully lead-up games to sports and follow simple rules.
- recall and play simple games that can be played after school.
- understand the strategies and rules for simple games.

#### **Activity:**

- Play a variety of group and dual games and activities such as:
  - Backaway
  - Box Ball
  - Circle Chase
  - Circle Relay
  - Club Snatch
  - Four Square
  - Flowers and Wind
  - Stop Thief
  - Wonderball
  - Rotation Ball
  - Tunnel Ball
  - Squirrel in the Tree

PHASE II—GRADES 3-4  
PHASE II—Stunts, Apparatus, Tumbling

Performance Skills for Stunts,

Apparatus, Tumbling:

Student should be able to—

perform stunts that require flexibility, strength and agility.

walk forward on a balance beam.

gallop on a balance beam.

walk forward to the center of the beam, kneel on one knee, walk backwards to the starting point.

perform a cartwheel, head-stand, forward and back-ward roll.

perform several couple stunts and couple balances.

climb and descend a rope a distance of twice one's height.

vault over a bench.

perform a bent arm hang on a horizontal bar for 10 seconds.

hang by the knees on a horizontal bar.

perform one chin-up on the horizontal bar.

create new ways to use apparatus.

create and perform a simple routine of tumbling stunts.

be aware of good body form while performing stunts on apparatus or the mat.

Activity:

Try a variety of individual and dual activities such as:

Turk Stand

Bear Dance

Rocker

Forward Roll

Backward Roll

Seal Slap

Head Stand

Cartwheel

Handstand

Handsprint

Inch Worm

Wheelbarrow

Tripod

Rope Climbing

On the Balance Beam:

Forward Walk

Backward Walk

Galloping

Side Stepping

Foot and Knee Balance

Knee Balance

Front Balance

Squat on One Leg

Swing Turn

On the Beatboard or Springboard:

Clap Hands Overhead

Clap Hands Behind Back

Jump and Tuck

Jump and Tui

Jump and Arch

Jump and Straddle Legs

Jump and Pike

On the Vaulting Box:

Squat Vault

Straddle Vault

*Activity: (continued)*

On the Horizontal Bar:

Hang Like A Monkey

Roll Over Barrow

Pull-Ups

Skin the Cat

Pullover

Hang by the Knees

On the Climbing Rope:

Chinning

Chin and Tuck

Double Rope Hang

Reverse Rope Hang

Swinging

Climbing

### PHASE III—GRADES 5-6

#### PHASE III—Locomotor Movements

Performance Skills for Walking:

Student should be able to—

walk with coordination  
and precision in a  
marching unit.

walk with correct postural  
positions.

Activity:

Try a variety of individual or  
dual activities for all  
locomotor movements such as:

Running 50 yard dashes

Jumping Contests

Obstacle Courses

Poison Tag

Crab Tag

Performance Skills for Running:

Student should be able to—

run a 50 yard dash in a  
reasonable amount of  
time.

" run a 600 yard run-walk in  
a reasonable amount of  
time.

Performance Skills for Jumping:

Student should be able to—

perform a standing long  
jump of 4 feet 9 inches or better.

**Performance Skills for Jumping:**

*(continued)*

Student should be able to—

- perform a running long jump of 8 feet or better.
- perform a jump and reach 10 inches or better.
- design and maneuver an obstacle course utilizing various locomotor movements.
- perform a running high jump of 36 inches or better.

**Performance Skills for Hop, Step,**

**Jump:**

Student should be able to—

- perform the combination of the hop, step, jump for a distance of 14 feet or better.

**Performance Skills for Sliding:**

Student should be able to—

- perform a slide forward, backward or to either side.

**PHASE III—GRADES 5-6**

**PHASE III—Basic Rhythms**

**Performance Skills for Rhythm:**

Student should be able to—

- perform step patterns in time to the appropriate music.
- perform rhythmic patterns alone and with a partner.
- perform traditional dance steps.

**Activity:**

- Try a variety of group and dual activities for all rhythms such as:
  - Gustaf's Skoal
  - Troika
  - Crested Hen
  - Horah
  - Put Your Little Foot

Performance Skills for Rhythm:

(continued)

- Student should be able to—  
use fundamental movements  
and steps with several  
children to make up a  
dance expressing a  
central idea.  
perform basic square dance  
steps and figures in  
response to singing  
calls.  
perform several new folk  
dances each year.  
identify the origin of  
various folk dances.

Activity: (continued)

- Highland Schottische  
Varsovienne  
Tinikling  
Five Foot Two  
Horse and Buggy Schottische  
Marching Through Georgia  
Teton Mountain Stomp  
Waltz of the Bells

Performance Skills for Object  
Handling:

- Student should be able to—  
throw a small size football  
to a partner 25 feet away.  
throw a small size football  
through a rubber tire  
20 feet away.  
throw a small size football  
to a running teammate 25  
feet away.  
punt a football beyond a  
line 45 feet away.  
place kick a football beyond  
a line 40 feet away.  
catch a pass thrown from  
a distance of 25 feet  
while running.  
catch a punted ball on the  
fly or first bounce.  
pass a rolling ball to a  
moving partner 20 feet away.

Activity:

- Try a variety of group and dual  
activities such as:  
Double Dodge Ball  
Four Square  
Obstacle Relay  
Score Keep Away  
Square Relay  
Rotation Dribble

## Performance Skills for Object

### Handling: (*continued*)

Student should be able to—

dribble a ball with alternating feet around 4 obstacles 10 feet apart and return to starting line.

kick a placed ball through a goal 10 feet wide from a distance of 36 feet.

punt kick a ball a distance of 40 feet.

block or trap a ball rolled from a distance of 15 feet using either feet or knees.

hit a ball with either hand over a net from a distance of 30 feet.

volley a ball from the back court to a teammate standing in the front court.

volley a ball with a partner standing across the net.

throw and catch a small size basketball as many times as possible in a minute with a partner standing 15 feet away.

throw a ball at a 36 inches circle target 20 feet away

throw a ball to a moving partner 15 feet away.

dribble a ball forward moving either left or right.

perform several free throw shots.

perform as many lay-up shots as possible in one minute.

throw and catch a softball with a partner 60 feet away.

## **Performance Skills for Object**

**Handling: (continued)**

**Student should be able to—**

throw and catch a softball with  
a partner standing on base  
45 feet away without leaving  
the base.

throw a ball for a distance of  
90 feet or better.

catch a ball thrown at a target  
on a wall 35 feet away.

catch as many high fly balls as  
possible out of 10 balls.

catch as many fast ground balls  
as possible hit from a distance  
of 35 feet.

hit as many balls as possible  
into fair territory from 10  
pitched balls.

be aware of a variety of ways  
of striking a ball.

develop cooperative team strategies.

combine ball handling skills to  
play simple games.

## **PHASE III—GRADES 5-6**

### **PHASE III—Games and Sports**

#### **Performance Skills for Games and Sports:**

**Student should be able to—**

play several new running  
tag games without losing  
balance and working with  
others.

play several new ball games  
that involve the skills of  
the seasonal sports.

play several new games that  
can be played after school  
hours.

#### **Activity :**

Try a variety of group activities  
such as:  
Modified Soccer  
Basketball Express  
Rotation Dribble  
Sideline Basketball  
Beat Ball  
Kickball  
Softball  
Punt and Catch Football  
Seven Up  
Flag Football

**Performance Skills for Games**

and Sports: (*continued*)

Student should be able to—

play several individual or  
dual sports each year.

participate in a track and  
field meet each year.

swim well to maintain self  
in deep water.

develop team strategies for  
various games or sports.

investigate the origin of a  
sport on an optional basis.

**PHASE III—GRADES 5-6**

**PHASE III—Stunts, Apparatus, Tumbling**

**Performance Skills for Stunts,**

**Apparatus, Tumbling:**

Student should be able to—

perform several stunts  
that test agility,  
strength, flexibility,  
and balance.

perform combinations of  
tumbling stunts.

perform several couple  
balances and hold for  
four seconds.

demonstrate ability to  
lead class in warm-up  
exercises.

climb and descend a rope  
a distance of 10 feet.

perform a vault over a  
bench.

perform two chin-ups on a  
horizontal bar.

create and perform a routine  
to music.

**Activity:**

Try a variety of individual or  
dual activities such as:

Bear Dance

Upswing

Kip

Seal Slap

Headstand

Cartwheel

Handstand

Handspring

Hula Hooping

Balancing on the Bean Bag

Human Bridge

Jump through the Stick

Pyramids

Rope Climbing

**On the Balance Beam:**

One Foot Hop

Side Stepping

Leg Swing

Foot and Knee Balance

Knee Balance

Performance Skills for Stunts.  
Apparatus, Tumbling: (*continued*)  
Students should be able to—  
demonstrate an awareness of body size and position in performing stunts on apparatus.  
appreciate individual abilities and capabilities while performing.

Activity: (*continued*)  
Rear Support  
Front Support  
Cat Walk  
Squat on one leg  
Squat mount  
Rear Dismount; Front Dismount  
On the Springboard or Beatboard:  
Clap Hands Overhead  
Clap Hands Behind Back  
Jump and Tuck  
Jump and Turn  
Jump and Arch  
Jump and Straddle Legs  
Jump and Pike  
On the Vaulting Box:  
Squat Vault  
Straddle Vault  
Flank Vault  
On the Horizontal Bar:  
Hang Like A Monkey  
Roll Over Barrel  
Pull-Ups  
Skin the Cat  
Scrabble Over Fence  
Pull Over  
Hang by Knees

## ANGLING AND CASTING

### Performance Skills:

Student should be able to—  
execute the skills of the pick-up, back casting, forward casting, releasing for fly casting.  
execute the skills of back casting, forward casting, releasing, and retrieving for bait casting, spinning, and spin casting.  
execute the skill of manipulation of lures.  
execute the skills of playing and landing a fish.

demonstrate a knowledge and understanding of the laws and regulations that govern fishing.  
demonstrate a knowledge of selection, care, and maintenance of tackle and equipment.  
demonstrate a knowledge of safety skills in and around the water.  
demonstrate a knowledge of fish lore.

#### Evaluation:

- Checklist to assess skill attainment.
- Bait casting test for distance and accuracy.
- Fly casting test for distance and accuracy.
- Test to determine a knowledge of laws, regulations, terminology, selection and care of tackle.

#### References:

- Mohr, Dorothy R., and Vernier, Elm<sup>er</sup> (ed.), *Physical Education for High School Students*. Washington, D.C.: American Association for Health, Physical Education and Recreation, 2nd. ed., 1970.  
Seaton, Don Cash, et. al., *Physical Education Handbook*. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1970.

## ARCHERY

#### Performance skills:

Student should be able to—

string and unstring a bow.

withdraw arrows from target or the ground.

shoot from the distances of 20 and 30 yards.

explain scoring procedures.

use a bow sight.

demonstrate a basic knowledge of shooting skills.

understand and apply safety rules.

increase the accuracy of point-of-aim in regard to the use of a range finder.

explain terminology.

demonstrate a knowledge of selection and care of equipment.

explain tournament shooting.

#### Evaluation:

- Shooting form checklist.
- Accuracy skill test.
- Score for a given number of arrows at a variation of distances.
- Test to determine the knowledge of safety rules, basic steps in shooting, location of nocking point, determining proper arrow length, method of scoring, stringing a bow, methods of shooting, terminology, and shooting form.

#### References:

- American Association for Health, Physical Education and Recreation, *Archery Skills Test Manual*. Washington, D.C.: National Education Association, 1967.
- American Association for Health, Physical Education and Recreation, *Group Archery Instruction for Beginners*. Washington, D.C.: National Education Association, 1967.
- Annarino, Anthony. *Archery: Individualized Instructional Program*. Englewood Cliffs, New Jersey: Prentice-Hall, 1973.
- Pszczola, Lorraine. *Archery*. Philadelphia, Pennsylvania: W.B. Saunders Co., 1971.

## AQUATICS

### Beginning Swimming

#### Performance Skills:

Student should be able to—

- swim in deep water comfortably, safely, and without fear.
- execute proper breathing methods while swimming.
- execute opening eyes under water.
- execute a prone float and glide.
- execute a recovery from front and back floats without assistance.
- execute prone glide with kick.
- execute back glide with kick.
- execute the Trudgen stroke.
- execute the Trudgen crawl stroke.
- execute the inverted breast stroke.
- execute a roll-in dive from the pool side.
- execute a standing dive from pool side.
- throw a ring buoy.
- execute finning.
- execute turning over in the water.
- execute bobbing.
- execute treading water.
- execute underwater swimming.
- execute the ability to jump into deep water, tread, level off, and swim.
- execute the front crawl.
- execute the elementary back stroke.
- execute the back crawl.
- execute the side stroke.
- execute the over-arm side stroke.
- execute breast stroke.
- execute a standing dive from the board.
- execute a feet-first jump from the board.
- swim for five minutes.

#### Evaluation:

- American National Red Cross Beginner's Swim Test.
- American National Red Cross Advanced Beginner's Swim Test.
- Endurance swim.
- Laps on each stroke.
- Jump and dive off low board.
- Test to determine the knowledge of safety and skill techniques.

#### References:

- American National Red Cross, *Swimming and Diving*.
- American National Red Cross, *Charts on Nine Styles of Swimming*.
- American National Red Cross, *Swimming and Water Safety*.
- Brown, Richard. *Teaching Progressions for the Swimming Instructor*.
- Collis, Martin and Kirchoff, Bill. *Swimming*. Boston, Massachusetts: Allyn and Bacon, 1974.
- McAllister, Evelyn Ditton. *Easy Steps to Safe Swimming*. New York, New York: Barnes and Noble, Inc., 1970.

## Low Intermediate Swimming

### Performance Skills:

- |   |  |
|---|--|
| Student should be able to—                  | execute all strokes learned in beginning swimming. |
| execute a pike surface dive.                | execute a standing front dive.                     |
| execute a tuck surface dive.                | execute a running front dive.                      |
| execute a feet-first surface dive.          | swim for 15 minutes.                               |
| execute sculling.                           | disrobe in the water.                              |
| execute a crawl stroke turn.                | use artificial respiration.                        |
| execute a breast stroke and butterfly turn. | execute all basic techniques.                      |
| execute a sidestroke turn.                  |  |
| execute a backstroke turn.                  |  |

### Evaluation:

- American National Red Cross Intermediate Test.
- American National Red Cross Swimmer's Test.
- Swim for 15 minutes.
- Swim four lengths of each stroke.
- Dive off low board.
- Test to determine the knowledge of safety and skill techniques.

### References:

Ryan, Frank. *Backstroke, Breast Stroke Swimming, Butterfly Swimming*. New York: Viking Press, 1974.

## High Intermediate Swimming

### Performance Skills:

- |                                |   |
|--------------------------------|---|
| Student should be able to—     | execute a front jackknife.              |
| execute all basic techniques.  | use artificial respiration.             |
| execute all basic strokes.     | swim for 15-30 minutes.                 |
| execute a standing front dive. | perform all elementary forms of rescue. |
| execute a running front dive.  | disrobe in water.                       |
| execute a swan dive.           |   |

### Evaluation:

- American National Red Cross Swimmer's Test.
- Endurance Test.
- Wilson Achievement Test for Intermediate Swimming.

## Advanced Swimming and Lifesaving

### Performance Skills:

- Student should be able to—
- execute nine swimming strokes properly, safely and efficiently.
  - swim combining all strokes for 15-30 minutes.
  - execute the turns for each stroke in a closed course.
  - execute a surface dive.
  - execute underwater swimming.
  - execute a spring dive from side of pool.
  - demonstrate the knowledge of personal safety.
  - execute the front head-hold release.
  - execute the rear head-hold release.
  - execute the wrist-grip release.
  - execute the double-drowning release.
  - carry a victim.
  - perform drown-proofing—a form of self-rescue.
  - perform the elementary forms of rescue.
  - execute the lifesaving jump.
  - execute the front crawl approach with head out of water.
  - execute the breast stroke with head out of water.
  - execute the rear approach.
  - execute the underwater approach.
  - execute the front surface approach.
  - execute the approach to a submerged victim.
  - execute blocking and parrying a victim's holds.
  - support a victim.
  - demonstrate a knowledge of lifesaving skills necessary for self-preservation and for giving assistance to others.

### Evaluation:

- American National Red Cross Advanced Swimmer's Test.
- Endurance swim involving all nine strokes.
- American National Red Cross Lifesaving practical test.
- Test to determine the knowledge of swimming and diving. A final test should be based on lifesaving.

### References:

American National Red Cross. *Basic Rescue and Water Safety*. Garden City, New York: Doubleday, 1974.

American National Red Cross. *Lifesaving, Rescue, and Water Safety*. Garden City, New York: Doubleday, 1974.

American National Red Cross. *Water Safety Instructors Manual*. Garden City, New York: Doubleday.

## Synchronized Swimming

### Performance Skills:

- Student should be able to—
- execute sculling.
  - execute the surface dives.
  - execute a dolphin.
  - execute a ballet leg.
  - execute a kip.
  - execute a somersault.
  - execute a marlin turn.
- execute a plank.
- execute an oyster.
- execute a shark.
- perform all basic strokes.
- choreograph swimming numbers.
- demonstrate the knowledge of the mechanics in producing a water show.

### Evaluation:

- Laps of all strokes.
- Execution of an original number.

### References:

- Official AAU Rules for Competitive and Synchronized Swimming, Diving and Water Polo.* Indianapolis, Indiana : Amateur Athletic Union.
- American Alliance for Health, Physical Education and Recreation, *Swimnastics Is Fun*. Washington, D.C.: National Education Association, 1975.
- Jones, Frances and Lindeman, Joyce. *The Components of Synchronized Swimming*. Englewood Cliffs, New Jersey : Prentice-Hall, 1975.

## BADMINTON

### Performance Skills:

- Student should be able to—
- demonstrate the proper care of equipment.
  - execute the forehand drive.
  - execute the backhand drive.
  - execute the serve.
  - execute the overhand clear.
  - execute the overhead clear.
  - execute the backhand clear.
- execute the overhead smash.
- execute the net shots.
- demonstrate a knowledge and ability to apply the rules and strategy.
- play a presentable game of Badminton singles and doubles.

### Evaluation:

- Wall Volley Test.
- Serving test for accuracy.
- Clear Test.
- Long Serve Test.
- Test to determine the knowledge of rules, method of scoring, basic strategy and use of equipment.

## References:

- American Association for Health, Physical Education and Recreation, *Badminton Skills Test Manual*. Washington, D.C., National Education Association.
- Lifetime Sports Badminton Guide*, Washington, D.C., National Education Association/American Association for Health, Physical Education and Recreation.
- Burris, Barbara and Olson, Arne. *Badminton*. Boston, Massachusetts: Allyn and Bacon, 1974.

## BOYS AND GIRLS BASKETBALL

### Performance Skills:

- Student should be able to—
- execute the fundamental skills of catching, passing, dribbling, shooting, rebounding, guarding, pivoting, and feinting.
  - demonstrate an ability to apply sports etiquette in play situations.
  - demonstrate a knowledge and ability to apply strategy in team offense and defense.
  - demonstrate a knowledge and ability to apply the rules.

### Evaluation:

- Push-Pass Test to measure speed and accuracy of passing.
- Speed-Pass Test to measure speed and rebounding ability.
- Pass, Dribble, Shoot Test to measure the ability to pass, dribble and shoot the ball with speed.
- Half-Minute Shooting Test to measure the ability to shoot under the pressure of a time limit.
- Test to determine knowledge of terminology, rules, and strategy.
- Leilich Basketball Test.

### References:

- Casady, Donald. *Sports Activities for Men*. New York, New York: MacMillan Publishing Company, 1974.
- Division for Girls and Women's Sports, American Association for Health, Physical Education and Recreation, *Basketball Guide*. Washington, D.C., National Education Association.
- Mushier, Carole. *Team Sports For Girls and Women*. Dubuque, Iowa: Wm. C. Brown, 1973.
- National Federation of State High School Athletic Associations, *Official Basketball Rules*. Chicago, Illinois.

## BICYCLING

### Performance Skills:

- Student should be able to—
- identify basic parts of all bicycles.
  - execute the skills of ankleing, balancing, dodging, mounting, dismounting, ad-
  - justing saddle and handlebars, stopping, avoiding obstacles and short radius turn.

## BICYCLING (*continued*)

### Performance Skills: (*continued*)

- Student should be able to—
  - repair a flat tire.
  - demonstrate a knowledge of the basic points in buying a bicycle.
  - demonstrate a knowledge and understanding of the laws and regulations that govern safe bicycling.

- demonstrate a knowledge of selection, care, maintenance, and repair of equipment.
- demonstrate efficient riding.
- demonstrate a knowledge of the rear ing and derailleuer system.
- demonstrate the knowledge of planning a trip.

### Evaluation:

- Test to determine the knowledge of safety, basic repair, basic maintenance, fundamental buying points.
- Checklist to assess the use of proper hand signals and riding safety.
- Checklist to assess the skills of turning, dodging, stopping and starting, and tire repair.

### References:

- All About Bikes*. National Safety Council, 425 North Michigan Avenue, Chicago, Illinois 60611.
- Bicycle Safety Manual*. Indiana Department of Traffic Safety and Vehicle Inspection.
- Bicycle Safety Tests and Proficiency Course*. Bicycle Institute of America, 122 East 42nd Street, New York, New York 10017.
- Illinois Bicycle Rules of the Road*. State of Illinois.
- Physical Education Curriculum*. Maine West High School, Des Plaines, Illinois.
- The New Complete Book of Bicycling*. Eugene Sloane, Simon & Schuster, New York, 1974.
- Schwinn Bicycle Company, 1856 North Kostner Avenue, Chicago, Illinois 60639.
- Teacher's Guide to Better Bicycling Driving*. Bicycle Institute of America, 122 East 42nd Street, New York, New York 10017.

## BOWLING

### Performance Skills:

- Student should be able to—
  - perform one of the ball delivery approaches effectively.
  - grip the ball properly.
  - roll a straight ball, a curve, a hook, and a back-up ball.
  - select a ball according to proper fit.

- keep score.
- identify the pins by number.
- demonstrate the proper etiquette when bowling.
- correct errors in bowling.
- use bowling terminology.

### Evaluation:

- Observation evaluation of the performance skills.
- Test to determine the knowledge of safety rules, method of scoring, and terminology.

## References:

Barsanti, Rena. *Bowling*. Boston, Massachusetts: Allyn and Bacon, 1974.

Mackey, Richard. *Bowling*. Palo Alto, California: National Press Books, 1974.

*Gym-Bowl Teacher's Manual*. Washington, D.C.: Lifetime Sports Education Project, American Association for Health, Physical Education and Recreation.

## FOLK DANCE

### Performance Skills:

Student should be able to—

- execute the two-step.
- execute the schottische.
- execute the step-hop.
- execute the polka.
- execute the waltz.
- execute a balance step.
- execute the heel and toe polka.
- execute the step-swing.
- execute the step-draw.

- execute the mazurka.
- execute the Bleking Step.
- execute the grapevine.
- execute the pivot turn.
- execute the buzz step.
- demonstrate a knowledge of the terminology of folk dance.
- demonstrate an understanding of the folk lore of different countries.

## FOLK DANCE CHART

Country	Dance	References
Arabia	Debka Rafrakh	2
Argentina	Ranchero	1,2,4
Australia	Bao Dance	1,2,4,5
Austria	Ennstaler Polka	2,4
Belgium	Chimes of Dunkirk	1,2,3,5
	Eide Ratas	1,2
	Oxteder Muile	4
Bulgaria	Tropanka	1,2,4,5
China	Queca Chilean	1,2,4
China	Ribbon Dance	1,3,4,5
Czechoslovakia	Doubleska Polka	2,4
	Vandra Polska	1,2,4
Denmark	Ace of Diamonds	1,2,3,4,5
	Crested Hen	1,2,3,5
	Dance of Greeting	1,2,3
	Danish Masquerade	1,2,4
	Danish Schottische	1,5

## FOLK DANCE CHART

Country	Dance	References
Denmark <i>(continued)</i>	Little Man In A Fix Polka Sextur Seven Jumps Sjampa Sonderburg Double Quadrille The Hatter To Tur Trallen Weaving the Wadmal	1,5 1 1,2,3,4,5 5 5 1,2,4 1,2,4 5 5
Dutch-Flemish	Dutch Foursome Eins, Zwei, Drei Practice Pas De Basque No. 2	5 2 1,2,4
England	Black Nag Circassian Circle Country Gardens Dargason Gaily Through the World Gathering Peascods Green Sleeves Miss Forbes' Farewell to Banff Newcastle Oranges and Lemons Picking Up Sticks Rufy Tufty Sailor's Hornpipe Sellinger's Round White Cockade	1,2,4,5 2,4,5 1,2,4 1,5 5 1,2,3,4 1,2,3,4 5 5 1 1,2,4 1,2,4 1,2,3,4 1,2,3,4 5
Finland	Practice Waltz Spinning Waltz	1,2 1,2,4,5
France	Garcon Volage Jibidi-Jibida Sur La Riviere	1,2,4 1,2,4 1
Germany- Bavaria- Austria	Alfelder At the Inn, To the Crown Bruder Lustig Bummel Schottische Butterfly Come, Let Us Be Joyful	5 5 1,2,4 1,2,3,4 5 1,2,3,4,5

### FOLK DANCE CHART

Country	Dance	References
Germany- Bavaria- Austria (continued)	Deutcher Waltzer	4
	Das Bauermadl	4
	Foehringer Kontra	5
	Klapptanz	5
	Menuettwaltzer	4
	Putjenter	1
	Seven Steps	1,2,4,5
	Stopp Galopp	5
	Tampet	3,5
	Trampelpolka	4
Ghana	Zigeunerpolka	4
Greece	Cha. Cha Kofi Sa	6
Greece	Ais Giorgia	2,4
	Gaitanaki Rodue	4
	Gerikina	2
	Hasapikos	1,2,4
	Kritikos Syrtos	1,2
	Miserlou	1,2,3,4
	Samiotisa	5
Hawaii	Dances of Hawaii	4
	Hawaiian Stick Dance	4
Hungary	Csardas	2,4
	Cshebogar	1,2,3,4,5
Ireland	Bohreen Dance	1,2,4
	Donegal Country Round	1
	Galway Piper	5
	Irish Lilt	1,2,4
	Irish Washerwoman	1,2,3,4,5
	Migildi Magildi	1,2,4
	Stack of Barley	1,2,4
Israel	Bat Tsurim	2
	Hava Naglia	1,2,3,4
	Mayim! Mayim!	2,4,5
	Mechol Ovadya	1,2
	Patch Tanz	5
	Taam Haman	2
Italy	Neopolitan Tarantella	1,2,3,4
	Sher	2,4

## FOLK DANCE CHART

Country	Dance	References
Italy ( <i>continued</i> )	Sicilian Tarantella	1,2,3,4,5
Japan	Tanko Bushi	1,4,5
Liberia	Sande Zizel Dance	6
Lithuania	Finger Polka	1
	Kalvelis	1,2,4,5
	Ratukas	1
	Wooden Shoes	1,2,4
Mexico	Chiapanecas	4
	Jarabe Tapatio	1,3,4
	La Cucaracha	1,3,4
	La Raspa	1,2,3,4,5
New Zealand	Lummi Sticks	4,5
Norway	Norwegian Mazurka	1,2,4
	Norwegian Mountain March	1,2,3,4
	Norwegian Polka	1
	The Rheinlander	1,2,4
	Tra-La-La-Ja-Saa	1,3,4
Peru	Los Llameros	1,2,4
Philippines	Bamboo Hop	4,5
	Philippine Mazurka	1,2
	Tinikling	1,3,4,5
Portugal	Fado Planquito	1,2,3,4
Romania	Alunelul	2,4
	Ciocarlanul	4,5
	Milanova Kolo	1,3,4
	Rumunjsko Kolo	1,2
	Ruzmarin Kolo	1,5
Russia	Karapyet	4
	Korobushka	1,2,4,5
	Retchenko	1
	Troika	1,2,4,5
Scandinavia	Circle Schottische	1,2,4
	Heel and Toe Polka	1,2,5
	Horse and Buggy Schottische	1,2,3,4
	Practice Schottische	1,2,4
Scotland	Bluebell Polka	5
	Bonnie Dundee	1

## FOLK DANCE CHART

Country	Dance	References
Scotland <i>(continued)</i>	Dashing White Sargeant	1,2,3,4
	Road to the Isles	1,2,4,5
	The Roberts	1,2,4,5
	Valeta Waltz	1
	Waltz Country Dance	1
Sweden	Gustaf's Skoal	1,2,3,4,5
	Swedish Clap Dance	1
	Swedish Schottische	1
	Tantoli	1,2,3,4
Switzerland	Meitschi Putz Di	1,2,4
	Trip To Helsinki	5
	Weggis Dance	1,2,4,5
United States	Black Hawk Waltz	1
	Boston Two-Step	1,2,4
	Circle Waltz Mixer	1
	Five Foot-Two Mixer	5
	Haste to the Wedding	5
	Laces and Graces	1
	Put our Little Foot	1,5
	Ten Pretty Girls	1,2,3,4,5
	Waltz of the Bells	2,5
Venezuela	Joropo	1,2,4
Yugoslavia	Nebesko Kolo	1,2,4
	Seljancia	1,2,4
	Tancuj	1,2,4

### Chart References

1. Merrbach Record Service, Record Center, 2581 Piedmont Rd., N.E., Atlanta, Georgia 30324.
2. Hoctor Dance Records, Inc., Waldwick, New Jersey 07463.
3. RCA "World of Folk Dances," Record Center, 2581 Piedmont Rd., N.E., Atlanta, Georgia 30324.
4. Dancer's Shop, Children's Music Center, 5373 West Pico Blvd., Los Angeles, California 90019.
5. Education Activities, Inc.. P.O. Box 392, Freeport, New York 11520.
6. Warren, Lee. *The Dance of Africa*. Englewood Cliffs, New Jersey: Prentice-Hall Inc., 1972.

## Evaluation:

- Checklist to assess skill attainment.
- Test to determine the ability to identify music, name of dance, or country and to perform the correct step.

## References:

- Nagel, C. and Moore, F. *Skill Development Through Games and Rhythmic Activities*. Palo Alto, California: National Press, 1966.
- Kraus, R. *A Packet Guide of Folk and Square Dances and Singing Games*. Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1966.
- Bambra, Audrey and Webster, Muriel. *Teaching Folk Dancing*. New York, New York: Theatre Arts Books, 1972.
- Jensen, Mary Bee and Jensen, Clayne. *Folk Dancing*. Provo, Utah: Brigham Young University Press, 1973.

## FENCING

### Performance Skills:

- Student should be able to—
- execute the correct grip.
  - execute the correct body position.
  - execute the advance and retreat footwork.
  - execute the thrust.
  - execute the lunge.
  - execute the recovery.
  - execute the reprise.
  - execute the attack hand positions.
  - execute the following attacks—beat, pressure, glide, bind, and envelopment.
  - execute the following parries—beat, lateral, semi-circular, circular.
  - demonstrate a knowledge and ability to apply offense and defense strategies and tactics.
  - demonstrate a knowledge of selecting and maintaining equipment.
  - demonstrate a knowledge and ability to apply rules, terms, and safety procedures.
  - execute the knowledge of target areas and methods of scoring.

## Evaluation:

- Test to determine the knowledge of terminology, rules, methods of scoring, safety procedures, appropriate strategy, and care and selection of equipment.
- Checklist to assess skill attainment.
- Construct a ladder tournament.

## References:

- Amateur Fencers League of America. *Fencing Rules and Manual*. Order from Secretary, AFLA, 249 Eton Place, Westfield, New Jersey.



Bower, Muriel and Mori, Torao. *Fencing*. Dubuque, Iowa. Wm. C. Brown, Co., 1972.

Curry, Nancy L. *Fencing*. Pacific-Palisades, CA. Goodyear Publishing Co., 1969.

Garret, Maxwell and Heinecke, Mary. *Fencing*. Boston, Massachusetts: Allyn and Bacon, Inc., 1971.

## FIELD HOCKEY

### Performance Skills:

Student should be able to—  
execute basic stick work.  
execute the tackles—straight,  
left hand lunge, circular  
tackle, right hand lunge,  
left jab.  
execute passing—drive, push-  
pass, flick, fielding.  
execute goalkeeping.  
execute a roll-in.

execute a bully.  
execute a scoop.  
demonstrate a knowledge and ability to  
apply strategy in team offense and  
defense.  
demonstrate a knowledge and ability to  
apply the rules.  
demonstrate an ability to apply sports  
etiquette in play situations.

### Evaluation:

- Ball Control Test to measure the ability to dribble the ball around obstacle with a time limit.
- Goal Shooting Test to determine the ability to accurately shoot for a goal at set distances.
- Fielding and Drive Test to measure the ability to field a ball, control it and drive the ball away from the striking circle.
- Test to determine the knowledge of rules, strategy, history of the game, and terminology.

### References:

- Dyer, Joanna; White, Ruth, and Adir, Ellen. "Lead-up Games to Field Hockey," *Journal of Health and Physical Education*. Vol. 6, No. 7, Sept., 1935, p. 30.  
D.G.W.S. *Current Field Hockey-LaCrosse Guide*. Washington, D.C.: AAHPER—NEA.  
Spencer, Helen. *Beginning Field Hockey*. Belmont, California: Wadsworth Publishing Company, 1970.

## GOLF

### Performance Skills:

Student should be able to—  
execute the correct selection and  
utilization of the three basic  
clubs—woods, irons, and the  
putter.

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execute safety precautions.  
apply golf rules, terminology,  
and etiquette.  
evaluate one's own game of golf.

## Evaluation:

- Medal Tournament—Students play a specified number of holes and the lowest scorer wins. Each day's scores are added to determine the winner.
- Match Tournament—Students are divided into flights, according to how well each one scored in a qualifying round. A flight may involve 4, 8, 16 or 32 players. One point is scored for winning each hole. If there is a tie on a hole, it is "halves" and no one wins a point for that hole. The winner of each hole is the person with the fewest strokes. Each player has an opponent for every match. Winners of each match play each other to determine the winner.
- Checklist to determine the correct grip, stance, and swing.
- Checklist to determine accuracy—have students hit a certain number of balls to a circle.
- Test to determine the knowledge of rules and strategy.

## References:

- National Golf Foundation, *How to Improve Your Golf*. Chicago, Illinois: The National Golf Foundation, 1968.
- Cheatum, Billye Ann, *Golf*. Philadelphia, Pa.: W. B. Saunders Co., 1975.
- Chui, Edward, *Golf*. Pacific Palisades, California: Goodyear Publishing Co., 1973.
- Diaz, Carroll, *Golf: A Beginner's Guide*. Palo Alto, California: National Press Books, 1974.

## BOY'S GYMNASTICS

### APPARATUS—Horizontal Bar

#### Performance Skills:

- Student should be able to—  
execute a knee mount.  
execute a knee circle.  
execute skin-the-cat.  
execute a pullover.  
execute hip circles backward.  
execute a back pullover.  
execute a drop from the bar.  
execute a struggle-up.  
execute hip circles forward.  
demonstrate a knowledge and ability to apply the mechanical principles of each skill.

### APPARATUS—Parallel Bars

#### Performance Skills:

- Student should be able to—  
execute a straddle mount.  
execute a forward dismount.  
execute a backward dismount.  
execute a shoulder stand and roll-down.  
execute a back roll mount to straddle.  
execute a single and double leg-cut dismount from the end, facing inward.  
execute a forward roll.  
execute a single and double leg-cut dismount from the end, facing outward.  
execute leg circles from support position.  
execute hip from upper arm support position.  
demonstrate a knowledge and ability to apply the mechanical principles of each skill.

## APPARATUS—Rings

### Performance Skills:

Student should be able to—  
execute a swing and dismount  
on flying rings.  
execute an inverted hang on  
flying rings.  
execute skin-the-cat on still  
rings only.  
execute a bent inverted-hang  
on flying rings.

execute a bird's nest on flying  
rings.  
execute the single-leg cuts.  
execute a double-leg cut off.  
execute a dislocation.  
demonstrate a knowledge and ability  
to apply the mechanical prin-  
ciples of each skill.

## APPARATUS—Side Horse Vaulting

Refer to this section in Girls' Gymnastics and add the following skills for the boys.

### Performance Skills:

Student should be able to—  
execute a neckspring.  
execute basic leg cuts.  
execute single leg half-  
circles.

demonstrate a knowledge and ability  
to apply the mechanical prin-  
ciples of each skill.

### References:

Same as those listed under Girls' Gymnastics.

## GIRLS' GYMNASTICS

## APPARATUS—Side Horse Vaulting

### Performance Skills:

Student should be able to—  
execute an approach.  
execute the take off.  
execute contact on the horse.  
execute a landing.  
execute a squat mount.  
execute a thief vault.  
execute a straddle-stand,  
forward jump off.  
execute a straddle vault.  
execute a stoop vault, bent hips  
ascent.

execute a stoop vault, straight  
body ascent.  
execute a flank vault.  
execute a wolf vault.  
execute a front vault.  
execute a handspring.  
demonstrate a knowledge and ability to  
apply the mechanical principles of  
each skill.

## APPARATUS—Uneven Parallel Bars

### Performance Skills:

Student should be able to—

- execute the grips—overgrip, undergrip, mixed, dislocate.
- execute the moves on one bar—swan balance, single leg flank to stride support, single leg shoot through, back hip circle, single knee swing down and up, millcircle front hip circle.
- execute the moves from one bar to another—pullover, back pullover, double leg push, single leg push, kip from low to high bar, underswing from top bar to stride support.
- execute the releases—cast from high bar, hip circle low bar, cast from high bar, hip circle low bar, half twist, regrasp high bar, cast from high bar, hip circle low bar, eagle catch high bar.
- execute the dismounts—thief, cast off low bar with quarter turn, flank vault, rear vault with quarter turn, forward roll off high bar, underswing from low bar, underswing from high bar, squat through, front vault from high bar over low bar.
- demonstrate a knowledge and ability to apply the mechanical principles of each skill.

## APPARATUS—Trampoline

### Performance Skills:

Student should be able to—

- execute basic bounces—tuck, pike, straddle, stag.
- execute basic landings—seat drop, knee drop, hands and knees drop, front drop, back drop.
- execute basic twisting—half pirouette, full pirouette, seat drop—half twist to front drop, front drop—half twist to back drop—full twist to seat drop.
- execute somersaulting—back, back somersault with half twist, back somersault-layout full twist, front somersault.
- demonstrate a knowledge and ability to apply the mechanical principles of each skill.

## APPARATUS—Balance Beam

### Performance Skills:

Student should be able to—

- execute the mounts—cross squat, back pullover, crotch seat, squat, knee scale, one leg squat, fence vault, wolf mount, straddle, forward roll.
- execute movements on the beam—walk, run, jump, turn, skip, balance seat, front scale, knee scale, one leg squat, straddle hold, splits, back arch.
- execute leaps—crouch jump, step-hop, runs and leaps, skips, hitch kick, scissor kick, stag, cat leaps.
- execute tumbling and balance moves—back shoulder roll, forward shoulder roll, shoulder balance, cartwheel to hand balance, English hand balance, etc.
- execute dismounts—straddle toe touch, round-off, cartwheel, English handstand, etc.
- demonstrate a knowledge and ability to apply the mechanical principles of each skill.

## APPARATUS—Floor Exercise

### Performance Skills:

Student should be able to—

- execute ballet movements—toe stand, body wave, ballet touch, pirouette, spiral, stag leap, etc.
- execute balance skills—one-leg balance, arabesque, front scale, balance seat, hand balance, Yogi headstand, etc.
- execute flexibility skills—splits, straddle lean, needle scale, supine arch, back and front walk-over.
- execute agility skills—shoot through, forward drop, valdez.
- execute tumbling skills—rolls, cartwheels, walkovers, etc.
- demonstrate a knowledge and ability to apply the mechanical principles of each skill.

### Evaluation for Gymnastics

- Test to determine the knowledge of: how to set up and move equipment; how to care for equipment; how skills are performed; how to spot them properly; safety rules and the use of safety or spotting devices; and rules of competition.
- Grade each vault individually with definite parts to be judged, allowing two attempts at each.
- A checklist may be used to determine the number of skills successfully accomplished.
- Skill evaluation should include individual skills and routines created from these skills.

### References:

- American Association for Health, Physical Education and Recreation, DGWS, *Gymnastics Guide*. 1201 Sixteenth Street, N.W., Washington, D.C. 20036.
- American Association for Health, Physical Education and Recreation, DGWS, *The Training of Judges for Girls Gymnastics*. 1201 Sixteenth St. N.W., Washington, D.C. 20036.
- Baley James. *Handbook of Gymnastics In the Schools*. Boston, Massachusetts: Allyn and Bacon, 1974.
- Bedard, Irving. *Gymnastics for Boys*. Follette Publishing Co., Chicago, Illinois.
- Griswold, Larry and Wilson, Glenn. *Trampoline Tumbling Today*. Cranbury, New Jersey: A. S. Barnes and Company, Inc., 1970.
- Lienert, Walter. *The Modern Girl Gymnast on the Uneven Parallel Bars*. Lienert's Gym Cap, 1010 West 64th Street, Indianapolis.
- Musserip, Alfreda; Hardenberg, Helen; Rockwood, Grace M. *Apparatus Activities*. Burgess Publishing Company, 426 S. 6th Street, Minneapolis, Minnesota.
- United Gymnastics Federation. *Code of Points*. AAU, 208 S. State St., Chicago, Illinois.
- Vincent, William J. *Gymnastics Routines for Men*. Philadelphia, Pennsylvania: W. B. Saunders Co., 1972.

## HANDBALL

### Performance Skills:

Student should be able to—

- move efficiently.
- use both hands alternately for throwing and hitting the ball.
- demonstrate a knowledge and ability to apply offense and defense strategy.

execute different types of shots— service, volley-kill, right-outside-corner-kill, right-inside-corner-kill, lob, overarm shots, sidearm, underarm and rebound shots from back wall.

### Evaluation:

- The Cornish Test. The following test items are included: 30-second volley, front-wall placement, back-wall placement, power stroke, and placement service.
- Checklist to evaluate a player's ability to use right and left hands, move about the court efficiently, and demonstrate a variety of shots and services.
- Test to determine the knowledge of rules, strategy, and method of scoring.

### References:

- Armbruster, David; Musker, Frank, and Irwin, Leslie. *Basic Skills in Sports for Men and Women*. St. Louis: C. V. Mosby Company, 1971.
- Official Handball Rules*. Latest edition, New York: The Amateur Athletic Union of the United States.
- Pennington, G. G. "A Measure of Handball Ability." *Research Quarterly*, XXXVIII (1967), pp. 247-53.
- Yukie, Thomas. *Handball*. Philadelphia, Pennsylvania: W. B. Saunders Co., 1972.

## ORIENTEERING

This sport can combine cross-country running with land navigation. It can be constructed so that students compete for the best time over rugged terrain, using a compass, a topographic map, their common sense and training to pick the best and quickest way to cover the course. A fixed course should be planned with several checkpoints along the way.

### Performance Skills:

Student should be able to—

- demonstrate the ability to utilize a compass.
- demonstrate the ability to read a topographic map.

demonstrate endurance by successfully completing the course.

demonstrate the ability to navigate the course.

#### Evaluation:

- Test to determine the knowledge of utilizing a topographic map, compass, and designing a navigable course.

#### References:

- Mustard, Major C. A., *By Map and Compass—An Introduction to Orienteering*. Silva, Inc., Laporte, Indiana, 1950.
- Rutstrum, Calvin. *Way of the Wilderness*. Burgess Publishing Company, 1952.
- The Pathfinder Orienteering Area*. Silva, Inc., LaPorte, Indiana.

## RIFLERY

#### Performance Skills:

Student should be able to—

execute safety precautions.

demonstrate a knowledge of laws  
and regulations.

identify the intelligent use  
of sporting arms.

demonstrate the ability to correctly  
handle the gun.

#### Evaluation:

- Accuracy test with each student firing five rounds from a prone, sitting, kneeling and standing position.
- Test to determine the knowledge of safety rules, method of scoring, terminology, state and federal laws.

#### References:

- Sporting Arms and Ammunition Manufacturers' Institute, *Shooting's Fun for Everyone*. New York: The Institute, free.
- Sporting Arms and Ammunition Manufacturers' Institute, *10 Commandments of Shooting Safety*. New York: The Institute, free.
- Sporting Arms and Ammunition Manufacturers' Institute. *What Every Parent Should Know When a Boy or Girl Wants a Gun*. Free.

## SELF-DEFENSE

The importance of a self-defense course for all students should not be on the personal vengeance skills, but rather on the skills of assault prevention. The major emphasis needs to be placed on the awareness for self-survival. An awareness program based upon the theme "What to do if" the following hazardous situations occur: walking, driving, obscene phone calls, babysitting, and hitchhiking need to be included in an introductory session. These skills can be learned without danger of injury and can be taught without special equipment or uniforms.

## Performance Skills:

Student should be able to—

execute all hand and arm skills—  
single hand blow, single hand blow to the arm, double hand blow to the neck and ears, side of fist blow, heel of hand blow, finger jabs, knuckle blow, fist blow, pinch and twist, scratching, elbow punch, finger bending, neck vise.  
execute all feet and leg skills—  
grind heel on the instep, stomp heel on the instep, scrape the shin, knee to the groin, power kick.  
execute wrist releases.  
execute body hold releases.

execute the leap and parry in avoiding blows.  
execute a shoulder twist.  
execute strangle hold releases.  
execute defense skills from the ground.  
execute defense skills in a gun attack.  
demonstrate a knowledge of the concept of balance.  
demonstrate a knowledge of the concept of leverage.  
demonstrate a knowledge of potentially hazardous situations and sexual assault.  
demonstrate a knowledge of avoidance and/or preventive strategies.

## Evaluation:

- A checklist to assess skill attainment.
- Test to determine the knowledge of hazardous situations, body placement, appropriate releases for the situation, sensitive parts of the body, and how to execute any skill.

## References:

- Francis, Maureen. "Defend Yourself," *The Sports Woman*, Vol. 2, No. 3, May-June, 1974, p. 28.  
Greenwalt, Julie, "A 1000-Hit Thug Tells How He Works," *Life*, January 28, 1972.  
Gustuson, Donald and Masaki, Linda. *Self Defense for Women*, Allyn and Bacon, Inc., Boston, Massachusetts.  
Masters, Robert. *The Complete Book of Karate and Self Defense*. New York, New York: Sterling Publishing Co., 1974.  
McGrath, Alice and Tegner, Bruce. "Self Defense for Girls," "Journal of Health, Physical Education and Recreation, Vol. 40, No. 2, February, 1969, p. 39.  
Pirnat, Janet Wenger. *Personal Defense Skills for Women*. Champaign, Illinois: Stipes Publisher, 1975.  
Stock, F. Patricia. *Personal Safety: Defense for Women*. Burgess Publishing Company, Minneapolis, Minnesota.  
Tegner, Bruce. *Self Defense for Boys and Men*. 1969, Thor Publishing Company, Ventura, California.  
Tegner, Bruce. *Self Defense for Girls and Women*. 1969, Thor Publishing Company, Ventura, California.

The Boston Women's Health Book Collective, "Defending Yourself Against Rape," *Ladies Home Journal*, July, 1973, p. 62.

Reuter, Edward. "Self-Defense for Girls," *Journal of Health, Physical Education, and Recreation*. Vol. 37, No. 3, March, 1966, p. 40.

Selkin, James, "Rape," *Psychology Today*, January, 1975.

Offir, Carole Wade, "Don't Take It Lying Down," *Psychology Today*, January, 1975.

Walch, J. Weston. *Posters on Self Defense*, J. Weston Walch, Publisher, Portland, Maine.

Wyness, G. B. *Practical Personal Defense*. Palo Alto, California, Mayfield Publishing Co., 1975.

## SOCER

### Performance Skills:

Student should be able to—

execute the skill of running.

execute the skills of kicking—

long kicks, instep kick, side-of-foot kick, short kick, push-pass, lob pass, flick kick, heel kick.

execute the skills of dribbling—  
inside-of-foot dribble, outside-of-foot dribble.

execute the skills of trapping—  
inside of lower leg, front of both legs, sole of foot, inside of both legs, heel trap, inside of thigh trap.

execute the skills of passing.

execute the skills of tackling—  
hook, split, front tackle, side tackle.

execute the skill of punting.

execute the skill of heading.

execute the skills of volleying—

knee, foot, shoulder.

execute the skill of drop kicking.

execute the skill of dodging.

execute the skill of body blocking.

demonstrate an ability to apply sports etiquette in play situations.

demonstrate a knowledge and ability to apply strategy in team offense and defense.

demonstrate a knowledge and understanding of the rules.

demonstrate the abilities of

officiating and scorekeeping.

demonstrate a knowledge and ability to apply safety measures.

### Evaluation:

- Warner Soccer Tests.
- Checklist to assess the skills of trapping, heading and volleying.
- Shaufele Soccer Volleying Test.
- Test to determine the knowledge of terminology, rules and strategy.

### References:

- Bailey, C. I. and F. L. Teller. *Test Questions for Soccer*. Philadelphia: W. B. Saunders Co., 1969.  
Blake, O. William and Anne M. Volp, *Lead-up Games to Team Sports*. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1964.

Csandi, Arpad. *Soccer*. New Rochelle, New York: Sportshelf, 1972.

DGWS, *Soccer-Speedball Guide*. Washington, D.C.: American Association for Health, Physical Education and Recreation.

Rosenthal, Gary. *Soccer: The Game and How To Play It*. New York, New York: Lion Books, 1973.

Worthington, Eric. *Teaching Soccer Skill*. London, England: Lepus Books, 1974.

## SOCIAL DANCE

### Performance Skills:

Student should be able to—

- execute a walking step.
- execute a fox trot.
- execute a waltz step.
- execute a Rumba step.
- execute a Bossa Nova step.
- execute a Charleston step.
- execute a Cha Cha step.
- execute a swing or a Lindy step.

- execute a Mambo step.
- execute a Samba step.
- execute a Tango step.
- demonstrate a knowledge of the terminology of social dance.
- demonstrate the ability to apply etiquette in social situations.
- demonstrate the ability to apply the correct step with the tempo of the music.

## SOCIAL DANCE CHART

Dance Steps	Music	Reference
Fox Trot	September In The Rain	1
	Blow Your Horn	1
	Easy To Love	1
Waltz	Beautiful Love	1
	Moon River	1
Rumba	Frenesi	1
	Speak Low	2
Bossa Nova	Fly Me To The Moon	1
Charleston	Charleston	1
Cha Cha	In A Little Spanish Town	1
	Never On Sunday	2
	Cherry Pink	2
Swing or Lindy	Undecided	1
	Jersey Bounce	1
	Blue Moon	2

## SOCIAL DANCE CHART

Dance Steps	Music	References
Mambo	Mitch's Mambo	2
	Coffee Mambo	2
Samba	Ay, Ay, Ay	1
	Come To The Mardi Gras	2
Tango	Hernando's Hideaway	1
	Ideas	2

### Chart References

1. Children's Music Center, Inc., 5373 West Pico Blvd., Los Angeles, California 90019.
2. Hoctor Dance Records, Inc., Waldwick, New Jersey 07463.

### Evaluation:

- Checklist to assess skill attainment.
- Test to determine the ability to identify music, name of dance, and perform the correct step.

### References:

- Nahumek, Nadia Chilkousky. *Teaching Guide: A Comprehensive Curriculum In Dance For Secondary Schools*. Philadelphia, Pennsylvania: Dance Academy, 1970.
- Alderson, Mary B. and LeCompte, Mary Lou. *Step Right In: Making Dance Fun For Boys and Girls*. Dubuque, Iowa: Kendall Hunt Publishing Co., 1973.
- Ballroom Dancing: For Beginners and Bronze Medalists*. Fifth edition. New Rochelle, New York: Leisure Time Books, 1973.
- Moore, Alex. *The Revised Technique of Dancing*. Eighth edition. New Rochelle, New York: Leisure Time Books, 1973.
- Villacorta, Aurora S. *Step By Step To Ballroom Dancing*. Danville, Illinois: Interstate Printers and Publishers, Inc., 1974.

## SOFTBALL

### Performance Skills:

- Student should be able to—  
 execute the basic skills—  
 pitching, catching, throwing,  
 fielding, hitting, base running  
 and sliding into base.  
 execute the abilities of officiating  
 and scorekeeping.

10<sup>7</sup>

- demonstrate a knowledge and ability  
 to apply safety measures.  
 demonstrate a knowledge and ability  
 to apply game strategy.  
 demonstrate a knowledge and under-  
 standing of the rules.  
 demonstrate an ability to apply  
 sports etiquette in play  
 situations.

#### Evaluation:

- Test to determine the knowledge of rules, strategy, safety, officiating and scoring.
- Checklist to assess the skills of catching, pitching, underhand, etc.
- Throw for distance.
- Throw for accuracy.
- Underhand pitching at target.
- Fringer Softball Battery Test.

#### References:

- American Association for Health, Physical Education and Recreation, *Division of Girl's and Women's Sports Softball Guide*. Washington, D.C.: National Education Association.
- American Association for Health, Physical Education and Recreation, *Softball Skills Test Manual*. Washington, D.C.: National Education Association, 1967.
- Casady, Donald. *Sports Activities for Men*. New York, New York: MacMillian Publishing Company, 1974.
- Mushier, Carole. *Team Sports for Girls and Women*. Dubuque, Iowa: Wm. C. Brown, 1973.

## SPEED-A-WAY

#### Performance Skills:

Student should be able to—

- execute the skill of dribbling the ball with the feet.
- execute the skill of passing with either foot.
- execute the skill of trapping the ball.
- execute the skills of heading and shoulderng the ball.
- execute the ability of guarding an opponent.
- execute the skill of kicking-up the ball.
- execute the skill of drop kicking.
- execute the skill of punting.

- execute the skill of place kicking.
- execute the skill of the throw-in.
- execute the skill of passing to a moving player.
- demonstrate an ability to apply sports etiquette.
- demonstrate a knowledge and ability to apply team offense and defense strategy.
- demonstrate a knowledge and ability to apply the rules.
- demonstrate the abilities of officiating and scorekeeping.

#### Evaluation:

- Attempt to intercept five passes.
- Same skill tests as used in speedball.
- Test to determine the knowledge of terminology, rules and strategy.

## References:

- Donnelly, Richard J.; Helms, William G. and Mitchell, Elmer D., *Active Games and Contests*. Second edition, "Speed-A-Way" pp. 478-480, New York: Ronald Press Company, 1958.  
*Speed-A-Way Guide Book*, Marjorie S. Larsen, 1751 Middlefield, Stockton, California.

## SPEEDBALL

### Performance skills:

- Student should be able to—
- execute the ability of guarding an opponent.
  - execute the skills of kicking a ball—instep kick, drop kick, kicking with inside and outside of foot, place kick.
  - execute the skill of dribbling the ball with the feet.
  - execute the skill of the kick-up with one or both feet.
  - execute the skill of punting a ball.
  - execute the skill of evading an opponent.
  - execute the skills of trapping a ball—sole of foot, one leg trap, two leg trap.
  - execute the skill of tackling a ball.
  - demonstrate the skill of catching and throwing the ball while running.
  - demonstrate the skill of pivoting the body.
  - demonstrate an ability to apply sports etiquette in play situations.
  - demonstrate a knowledge and ability to apply the rules.
  - demonstrate a knowledge and ability to apply team offense and defense strategy.
  - demonstrate the abilities of officiating and scorekeeping.

### Evaluation:

- Timed dribbling through and around obstacles.
- Goal kicking using the place kick, drop kick, and penalty kick.
- Punting a ball for distance.
- Timed kick-ups.
- Kicking for accuracy and distance.
- Test to determine the knowledge of terminology, rules and strategy.

### References:

- Armbruster, David A., and others, *Basic Skills in Sports for Men and Women*. Fourth edition, St. Louis, MO: C. V. Mosby Co., 1967.
- Fair, Hollis F., editor, *Speedball for Men*. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1967.

## SQUARE DANCE

### Performance Skills—

Student should be able to—

- execute a Shuffle step.
- execute a Balance step.
- execute a Promenade.
- execute a Do-Si-Do.
- execute a Allemande Left.
- execute a Grand Right and Left.
- execute a Sashay.
- execute a Right and Left Through.
- execute a Pass Right Through.
- execute a Ladies Chain.
- execute a Ladies Grand Chain.
- execute a Back Track.
- execute a Once-and-a-Half.
- demonstrate a knowledge of the terminology of square dance.

### SQUARE DANCE CHART

Dance	Record References	Dance	Record References
Arkansas Traveler	2	Lowdown Hoedown	2
Banjo Ball	3	Marching Through Georgia	2
Barnacle Bill	2	My Pretty Girl	4
Brown-Eyed Mary	4	Ragtime Annie	2
Coming Around the Mountain	2	Salty Dog	5
Cripple Creek	1	Shuffle on Down	2
Honolulu Baby	1	Texas Star	4
Hurry, Hurry, Hurry	3	Tennessee Birdwalk	1
Jessie Polka Square	4	Teton Mountain Stomp	3
Just Because	2	Turkey in Straw	4
Left Hand Lady Pass Under	2	Waltz of the Bells	4

### Chart References

1. Educational Activities, Inc., P.O. Box 392, Freeport, New York 11520.
2. Educational Record Sales, 157 Chambers Street, New York, New York 10007.
3. Hoctor Dance Records, Inc., Waldwick, New Jersey 07463.
4. Lyons, 530 Riverview Avenue, Elkhart, Indiana 46514.
5. MCA Records, 100 Universal City Plaza, Universal City, California 91608.

### Evaluation:

- Checklist to assess the skill attainment.
- Test to determine the ability to identify music, name of dance, and to perform the correct step.

### References:

Jensen, Clayne and Jensen, Mary Bee. *Square Dancing*. Provo, Utah: Brigham Young University Press, 1973.

Jensen, Mary Bee and Clayne, R. Jensen. *Beginning Square Dance*. Belmont, California: Wadsworth Publishing Co., 1968.

Hipps, Harold and Chappel, Wallace. *A World of Fun*. Nashville, Tennessee: The Methodist Publishing House, Sales Division, 201 8th Avenue.

## TENNIS

### Performance Skills:

Student should be able to—

- execute a forehand stroke.
- execute a backhand stroke.
- execute a serve.
- execute a volley.
- execute a lob.
- execute a smash.

execute a drop shot.

execute a half-volley.

demonstrate a knowledge and ability to apply the rules, scoring, strategy and terminology.

demonstrate an ability to apply sports etiquette in play situations.

### Evaluation:

- The Dyer Backboard Tennis Test.
- The Hewitt Tennis Achievement Test.
- Hulac Rating Scale for the Tennis Serve.
- Tournaments that are appropriate for class use include: single elimination, single elimination with losers' bracket, double elimination, round-robin, ladder, and pyramid.
- Test to determine the knowledge of rules, method of scoring, terminology, and strategy.

### References:

*Ideas for Tennis Instruction*. Lifetime Sports Education Project, Washington, D.C.: AAHPER, 1966.  
*A Tennis Program for Elementary and Secondary Schools*. Wilson Sporting Goods Co., 2233 West Street, River Grove, Illinois 60171.

*Tennis Rules*. Dayton Racquet Co., Arcanum, Ohio 45304.

Barnaby, John. *Racket Work! The Key To Tennis*. Boston, Mass.: Allyn and Bacon, Inc., 1972.

Pelton, Barry. *Tennis*. Pacific Palisades, California: Goodyear Publishing Co., 1973.

Murphy, Chet and Murphy, Bill. *Tennis for the Player, Teacher, and Coach*. Philadelphia, Pennsylvania: Saunders Co., 1975.

## TOUCH FOOTBALL

### Performance Skills:

Student should be able to—

- demonstrate officiating and scorekeeping.
- execute the skill of stance—line stance, center stance, backfield stance.

demonstrate a knowledge and ability to apply in team offense and defense strategy.

### Performance Skills: (continued)

Student should be able to—

- execute the skill of blocking an opponent.
- execute the skills of passing—center pass, forward pass, pass receiving.
- execute the skill of running with the ball.
- execute the skill of punting the ball.
- demonstrate an ability to apply sports etiquette in play situations.

demonstrate a knowledge and ability to apply the rules.

demonstrate the knowledge of care and repair of equipment.

demonstrate a knowledge of safety precautions.

### Evaluation:

- Forward pass for distance and accuracy.
- Fifty yard dash with football.
- Punt for distance.
- Test to determine the knowledge of rules, strategy, care of equipment and safety precautions.

### References:

- American Association for Health, Physical Education and Recreation, *Football Skills Test Manual*. Washington, D.C.: National Education Association, 1965.
- Gromback, J. O. *Touch Football*. New York: Ronald Press Co., 1958.
- American Association for Health, Physical Education and Recreation, *How We Do It Game Book*. Washington, D.C.: National Education Association, 1964.
- Acuna, Augie. *Year Round Physical Education—Playground Flag Game Book*. Flag-A-Tag Co., Tucson, Arizona.

## TRACK AND FIELD

### Performance Skills:

Student should be able to—

- run dashes and distances at an acceptable speed for his age, size, and weight.
- jump acceptable height and distance for his age, size, and weight.
- throw an acceptable distance for his age, size and weight.
- execute an efficient sprint start and finish.
- run low hurdles if inexperienced and run standard hurdles if experienced.

demonstrate a knowledge and ability to apply the rules for judging track and field events.

demonstrate a knowledge and ability to apply the rules for relays.

demonstrate an understanding and ability to apply the mechanical principles of each skill.

### Evaluation:

- Checklist to assess skill attainment.
- Test to determine the knowledge of rules, terminology and judging.

## References:

- American Association for Health, Physical Education and Recreation, *Track and Field Guide*, DWGS, Washington, D.C.: AAHPER.
- Bowers, Richard. *Track and Field Events: Fundamentals*. Columbus, Ohio: Charles Merrill, 1974.
- Jackson, Nell C., *Track and Field for Girls and Women*. Minneapolis, Minn.: Burgess Publishing Co., 1969.
- Lane, Elizabeth; Obrecht, Donna and Wienke, Phoebe. *How to Improve Your Track and Field for Elementary School Children and Junior High School Girls*. Chicago, Illinois: Athletic Institute.
- Robinson, Clarence; Jensen, Clayne; James, Sherald and Hirschi, Willard. *Modern Techniques of Track and Field*. Philadelphia, Pennsylvania: Lea and Febiger, 1974.

## TUMBLING

### Performance Skills:

Student should be able to—

- |                                   |  |
|-----------------------------------|--|
| execute a tripod.                 | execute a back roll.   |
| execute a tip-up.                 | execute a back roll extension.   |
| execute a headstand.              | execute a limbre over.   |
| execute a jump of 180 degrees.    | execute a back walkover.   |
| execute a jump of 360 degrees.    | execute a front walkover.  |
| execute a forward roll.           | execute a valdez.  |
| execute a mule kick               | execute a kip.   |
| execute a handstand.              | execute a head spring.   |
| execute a handstand forward roll. | execute a neck spring.   |
| execute a handstand chest roll.   | execute a front handspring.  |
| execute a forward dive.           | execute a back handspring.   |
| execute a handstand mule kick.    | demonstrate an understanding and ability to apply the mechanical principles of each skill. |
| execute a cartwheel.              |  |
| execute a round off.              |  |
| execute a roll back to neck.      |  |

### Evaluation:

- Points for a routine composed by students.
- Stunts attempted are checked off on a pass or fail basis.

### References:

Same as those listed under Girls' Gymnastics.

## VOLLEYBALL

### Performance Skills:

- Student should be able to—
  - execute the skills of passing the ball—overhead pass, forearm bounce pass, setting.
  - execute the skills of serving the ball—underhand, overhand, floater, overhead.
  - execute the skills of attacking—spike, drop volley.
  - execute the skills of defending—net block, block.
  - demonstrate an ability to apply sports etiquette in play situations.
- demonstrate a knowledge and ability to apply team offense and defense strategy.
- demonstrate a knowledge and ability to apply the rules.
- demonstrate an ability to apply officiating and scorekeeping.
- demonstrate the knowledge of care and repair of equipment.

### Evaluation:

- Repeated volley test.
- Serving test.
- Test to determine the knowledge of game history, rules, terminology, and strategy.
- Brumbach Service Test.

### References:

- American Association for Health, Physical Education and Recreation. *Volleyball Skills Test Manual*. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1967.
- Egstrom, Glen H. and Schaafsma, Frances. *Volleyball*. Dubuque, Iowa: William C. Brown Co., 1972.
- Shay, Clayton, Test Consultant. *Volleyball Skills Test Manual*. Washington, D.C.: AAHPER, 1969.
- Thigpen, Janet. *Power Volleyball for Girls and Women*. Dubuque, Iowa: William C. Brown Co., 1974.

*Volleyball Guide*. Current edition, Washington, D.C.: The Division of Girls' and Women's Sports of the American Association for Health, Physical Education and Recreation.

## BOYS' WEIGHT TRAINING

Different individuals will start at different weight levels, but gradually increase the weights as one's strength increases. A proper weight to start exercising with is any weight with which one can execute 10 repetitions without STRAIN. It is suggested that weight training should be done three times per week with no less than thirty-minute workouts. Adequate rest periods should be planned between each workout for muscle recuperation. The main thought to remember is to not STRAIN, but train. Other important components of training are regular exercise, a properly balanced diet, and adequate sleep.

**Performance Skills:**

Student should be able to—

perform efficiently in selected skills by conditioning the body through the use of barbells, dumbbells, pulley weights, or similar apparatus.

demonstrate the overall development of the individual's body.

demonstrate strength, power, endurance, and flexibility in relation to individual differences.

execute efficiency of the cardio-vascular and respiratory system in relation to individual differences.

demonstrate an understanding and ability to apply the mechanical principles of each skill.

### GIRLS' WEIGHT TRAINING

Weight training for girls can be a very beneficial part of a conditioning program. It can help contour the figure, trim the waistline, aid in weight control and generally improve body tone. Barbell exercises using the bar only should be a starting point for the program. Add only the lightest weights until the exercises can be done easily for the prescribed number of repetitions. The progress of the individual will depend upon her own level of development, the gradual increase of the weights, and the number of repetitions. Proper breathing should be emphasized. With any exercise, breathe in at the start of each exercise movement and exhale upon completion of each movement. This should be a general rule unless specified in the exercise.

**Performance Skills:**

Student should be able to—

perform efficiently in selected skills by conditioning the body through the use of barbells.

execute the overall development of the individual's body.

demonstrate strength, power, endurance and flexibility in relation to individual differences.

execute efficiency of the cardio-vascular and respiratory system in relation to individual differences.

demonstrate an understanding and the ability to apply the mechanically principles of each skill.

**References:**

- Randall, Bruce, *The Barbell Way to Physical Fitness*. Garden City, New York: Doubleday and Company, Inc., 1970.
- Hooks, Gene. *Weight Training In Athletics and Physical Education*. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1974.
- Leighton, Jack R., *Progressive Weight Training*. New York: Ronald Press Company, 1961.
- McHenry, Earle W., *Basic Nutrition*. Revised with George H. Beaton, Philadelphia: J. B. Lippincott Company, 1963.

## WRESTLING

### Performance Skills:

Student should be able to—  
execute proper stances and correct referee's positions.  
execute several different take downs against resistance.  
execute several diverse escapes and reversals against resistance.  
execute the ability to counter an opponent's moves.

demonstrate knowledge and ability to apply the rules and strategy of wrestling.  
demonstrate competence as an official, a timekeeper, and a scorekeeper.

### Evaluation:

- Checklist to assess skill attainment.
- Test to determine the knowledge of rules, strategy, and scoring.

### References:

- American Association for Health, Physical Education and Recreation, *Physical Education for High School Students*. Washington: National Education Association, 1970.
- Seaton, D.C.; Irene Clayton; H.C. Leibee; Lloyd Messersmith, *Physical Education Handbook*. Fifth edition, Englewood Cliffs, New Jersey, Prentice-Hall, 1970.
- Gianakaris, George and Damico, Frank. *The Handbook of Wrestling Drills*. Cranbury, New Jersey, A. S. Barnes and Co., 1974.
- Umbach, Arnold and W. Johnson, *Successful Wrestling: Its Bases and Problems*. Dubuque, Iowa: William C. Brown, 1972.

## PHYSICAL CONDITION AND FITNESS

The human body is built for action, not solely for rest. One important aim of regular physical training is to achieve a physical condition and fitness level that is well above that required for the routine job. Recreational activities which involve exercise promote physical fitness when performed regularly and are an important factor in the maintenance of health.

Many infectious diseases have been conquered effectively, but diseases of a degenerative nature have increased extensively, particularly cardiovascular diseases. One cannot avoid the thought that our modern way of life could be one important factor and that the main determinants of longevity are now more cultural than medical. Several factors such as heredity, diet, and a way of life seem to be of importance in the development of cardiovascular disease. The problem is to continue throughout our later life with enough exercise to help us maintain a level of physical fitness and good health.

Sometimes we may be in the mood for physical exercise and sometimes not. In certain situations, we feel that we could accomplish anything but at other times nothing seems to work. Certain areas of

the brain hold a key position in the question of coordinating muscles. Activity is influenced by a person's mood. The ability to perform may vary from day to day without any change in the training status or without the influence of illness. Everyone is not equally interested in physical labor. Some people actually like to torture themselves while others may be lazy and give up as soon as they start to feel physical resistance. The level of mental attitude may be an individual problem to be considered and resolved. Individuals need to recognize their own level of readiness and their own state of health as it relates to their own physical fitness.

Vigorous physical activity helps to develop muscles and physical strength. Once developed, strength can easily be maintained. The heart is a muscle and is strengthened and improved in its function by any form of strenuous exertion. Exercise also enables the lungs to take in air more easily and to utilize oxygen more efficiently.

### MOTIVES FOR PHYSICAL ACTIVITY

- Training for good performance.
- Possible favorable influences on the body's chemistry.
- Greater chance of survival of cardiovascular diseases.
- Reduction or prevention of obesity.
- Reduction or prevention of injuries.
- Possible reduction of malnutrition through the need for a higher caloric intake.

### COMPONENTS OF PHYSICAL FITNESS\*

Agility: Speed in changing body positions or in changing directions.

Balance: Ability to maintain body equilibrium.

Circulatory-Respiratory

Endurance: Moderate contraction of large muscle groups until predetermined circulatory-respiratory state is reached.

Flexibility: Range of movement in a joint or a sequence of joints.

Muscular Endurance: Continuous muscular contraction until muscle is fatigued.

Muscular Power: Ability to release maximum muscular force in the shortest time.

Muscular Strength: Contraction force of muscles.

Speed: Rapidity with which successive movements of the same kind can be performed.

#### \*Footnote

Safrit, Margaret. *Evaluation In Physical Education: Assessing Motor Behavior*. Englewood Cliffs, New Jersey: Prentice-Hall, 1973, p. 204.

## EXERCISES FOR THE BODY

### General Conditioning

Jumping jacks  
Burpee (squat thrust)  
Leg swings  
Forward bend (toe touching)  
Standing trunk twisting  
Lying trunk twisting

Trunk bouncing from hips  
Bobbing from hips with back extended  
Trunk stretching with toe touching  
Flexion and extension of the spine while sitting on heels

### Arms, Chest and Shoulder Girdle

Push ups (knees flexed)  
Push ups (knees extended)  
Twist and stretch  
Chest lift  
Arm(s) swinging  
Arm(s) circling

### Feet and Legs

Leg abduction on floor  
Leg abduction standing  
Side leg raising  
Standing leg lifts  
Running in place  
Leg lifts  
Double leg lifting and lowering  
Sit ups and leg lifts  
Running in place with long strides  
Pedaling  
Deep knee bends  
Sustained deep knee bends  
Knee bends with knee upward raising  
Deep knee bends with leg stretching  
Toe touching  
Knee raising

### Waist and Abdomen

Abdominal contraction  
Flexion of knees to chest  
Side flexibility  
Lateral bending  
Trunk twisting with knee touching to side  
Trunk twisting with leg extension  
Sit up with trunk twist  
Alternate leg lifting and lowering

### Relaxation

Vertical pendulum swing  
Voluntary tension and relaxation  
Folding and unfolding  
Relaxed roll  
Relaxed fall

### Neck and Back

Flexion and extension of neck  
Neck flexibility  
Neck flexibility with rotation of head

### Partners

Hip bounce with side bobbing  
Hip rocking with sideward twist  
Hip rolling with knee touching  
Hip rolling  
Hip bouncing

Straddle pull ups  
Back to back leg lift  
Wheelbarrow, push up  
Front lie, trunk raise  
Back lie, leg swing

## TESTS OF PHYSICAL FITNESS

	Elementary Level	Secondary Level	Male	Female
<b>Muscular Strength and Endurance Tests</b>				
Cable-Tension Strength Test			X	X
Drop-off Index			X	X
Kraus-Weber Test	X	X	X	X
McCloy's Athletic Strength Test			X	
Physical Fitness Index (Original)	X	X	X	X
Physical Fitness Index (Oregon Simplification)	X	X	X	X
Roger's Strength Index	X	X	X	X
<b>Motor Test Batteries</b>				
AAHPER Youth Fitness Test	X	X	X	X
AAU Junior Physical Fitness Test	X	X	X	X
Air Force Academy Physical Aptitude Examination		X	X	
Army Physical Efficiency Test		X	X	
California Physical Performance Test	X	X	X	X
Indiana Motor Fitness Test (Elementary)	X		X	X
Indiana Motor Fitness Test (High School)		X	X	X
Indiana Motor Fitness Test (Men and Boys)		X	X	
Marine Corps Physical Readiness Test		X	X	
Minnesota Physical Efficiency Test	X	X	X	X
Motor Fitness Screen Test for High School Girls		X		X
National Section on Woman Athletic Test		X		X
Navy Standard Physical Fitness Test		X	X	
New York State Physical Fitness Test	X	X	X	X
Oregon Motor Fitness Test (Boys)	X	X	X	
Oregon Motor Fitness Test (Girls)	X	X		X
Texas Physical Fitness—Motor Ability Test	X	X	X	X
University of Florida Physical Fitness Test		X	X	
University of Illinois Motor Fitness Test		X	X	

**TEST OF PHYSICAL FITNESS**  
*(continued)*

	Elementary Level	Secondary Level	Male	Female
University of Maryland Motor Fitness Test		X	X	
United States Air Force Physical Fitness Test		X	X	
United States Military Academy Physical Efficiency Test		X	X	
Washington Elementary School Physical Fitness Test	X		X	X
WAC Physical Fitness Test		X		X
Yale University Physical Fitness Test		X	X	

**ADAPTED PHYSICAL EDUCATION<sup>1</sup>**

Adapted physical education is . . . "a diversified program of developmental activities, games, sports, and rhythms suited to the interests, capacities and limitations of students with dis-

abilities who may not *safely* or *successfully* engage in unrestricted participation in the vigorous activities of the general physical education program."

**PROGRAM OBJECTIVES**

- To assist the student in understanding the nature of his disability and its limitations.
- To contribute to the needed therapeutic exercise or correction program.
- To increase the student's awareness of the potentialities which may be developed.
- To assist the social adjustment of the disabled student.
- To assist in the development of the student's feelings of security and independence through improved physical functioning.
- To improve motor functioning to minimize the restrictions of the student's disability.

**LEARNING OBJECTIVES<sup>2</sup>**

*Psychomotor Objectives*

To improve general physical health and appearance.

To develop and improve basic motor skills and fundamental body movements.

To increase physical stamina, motor ability and

<sup>1</sup> Committee on Adapted Physical Education, "Guiding Principles for Adapted Physical Education," *Journal of Health, Physical Education and Recreation*, Vol. XIII (April, 1952). p. 15.

<sup>2</sup> Abstracted from *Conference Proceedings: Physical Education for Handicapped Children and Youth*. Ithaca, New York, 1972. pp. 43-44.

physical fitness through improved coordination, strength, muscular endurance, cardiorespiratory endurance, muscular power, agility, balance, flexibility and speed.

To improve posture, body mechanics, rhythm, grace, and general control of body movement.  
To improve sensory perception.

#### *Affective Objectives*

To develop the necessary skills and abilities for successful participation in wholesome physical education activity.

To increase social independence through a variety of group or team activities.

To experience greater degrees of acceptance and belonging through participation in and contribution to social and recreational activities.  
To develop better self-help skills.

To adjust to group demand and to the group.  
To develop respect for materials, equipment, and the rights of others.

To become more cooperative, to learn to take turns, and to share responsibilities.

To develop and exhibit leadership qualities.

To develop greater degrees of courage, self-confidence and poise.

To increase self-respect and develop a more positive self-image.

To experience satisfaction through participation.

To feel more secure in a variety of situations.  
To experience recognition and approval for achievement.

#### *Cognitive Objectives*

To experience spontaneous and meaningful verbal and nonverbal modes of creative expression through dancing, singing, and mimetic activities.

To improve language development and communication skills.

To improve the ability to concentrate for longer periods of time.

To improve the ability to follow directions.

To develop problem-solving skills and abilities.

To become more curious about people, things, and situations.

To develop interests and skills that have life-time value and application.

To become more observant and better able to understand, to remember and to make decisions.

To improve visual and auditory discrimination.

To sharpen tactile senses with or without visual clues.

To develop thought patterns for perception and involvement skills.

To improve visual-motor performance in dealing with concept skills.

## QUALITY FACTORS IN PLANNING

- Assignment to an adapted class should be based upon a physician's recommendation.
- Each child should have a specially designed program prepared jointly by the teacher and physician.
- Health data and other pertinent records of the child should be available to the teacher.
- Evaluation of pupil progress should be made at frequent intervals by the teacher.
- The teacher should be aware of the child's background, scholastic standing, and social competencies.
- The child must understand his own limitations and must adapt to activities accordingly.

- An atmosphere of trust must be cultivated with students while they are being encouraged to develop particular competencies.
- Opportunities for initial success must be provided. Students must be assisted in developing self-confidence, security, and status.

### Levels of Participation

#### *Program Organizers*

Physical Education Teacher

Physical Therapist or Occupational Therapist

Student

Nurse

Medical Doctor

Principal

Guidance Personnel

#### *Physical Levels*

Unrestricted Activity

Moderate Restriction

Severe Restriction

Reconstructive or  
Rehabilitative Activity

#### *Type of Action*

Full participation.

Participation in designated activities.

Limited participation and a low level of activity.

Participation in a prescribed program of corrective exercises or adapted sports.

### SUGGESTION FOR MODIFYING ACTIVITIES<sup>1</sup>

Activities can be modified to enable exceptional persons to take part without apology and with a sense of achievement through equal participation with others.

Shorten time periods.

Shorten distances.

Change the types of signals.

Use guide wires, ground surfaces with different sounding textures, hand rails, and similar devices.

Soften landing spots with mats.

Allow two hands instead of one where accuracy or power are involved.

Change the rules so that they do not contain as many limiting conditions which lessen success.

Lower nets, baskets.

Increase the size of the striking implement and the targets.

Increase or decrease the size of the ball, discus, or javelin.

Permit body positions such as sitting which increase stability in games usually played in a standing position.

<sup>1</sup> Wheeler, Ruth and Hooley, Agnes. *Physical Education For The Handicapped*. Lea and Febiger: Philadelphia, Pennsylvania, 1969.

## PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION<sup>2</sup>

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
<i>Cardiac</i> —May be functional (innocent) or organic (heart defect)	Functional cases may develop into organic cases if care is not taken.	<ol style="list-style-type: none"> <li>1. Observe closely.</li> <li>2. Have frequent medical re-examinations and reports.</li> <li>3. Secure cooperation of parents in following good rules of health — diet, rest, play, understanding, medical care, etc.</li> </ol>
1. Active condition	<ol style="list-style-type: none"> <li>1. Frequent pain and discomfort.</li> <li>2. Fever in some cases.</li> <li>3. Low resistance to infections.</li> <li>4. Low vitality and interest.</li> </ol>	<ol style="list-style-type: none"> <li>1. Youth should not be in school.</li> </ol>
2. Convalescent state	<ol style="list-style-type: none"> <li>1. Aches in joints.</li> <li>2. Tires easily.</li> <li>3. Shortness of breath.</li> <li>4. Emotional or adjustment problems.</li> </ol>	<ol style="list-style-type: none"> <li>1. Restricted activity and short school day.</li> <li>2. Frequent rest, as indicated by discomforts.</li> <li>3. Encouragement to join in play.</li> <li>4. Gradual return to normal activity.</li> </ol>
3. Inactive state	<ol style="list-style-type: none"> <li>1. Same as above, if any.</li> </ol>	<ol style="list-style-type: none"> <li>1. Observe carefully, if changes, seek immediate medical recommendations.</li> <li>2. Most cases can participate fully in the class activities. Adapt the activity to the child by allowing more rest periods, playing in less active positions, emphasizing accuracy in performance rather than speed and endurance.</li> </ol>

<sup>2</sup> Reprinted from *Guide for Teaching Physical Education, Grades 7-12*. Columbia, South Carolina, State Department of Education, 1969, pp. 125-129.

PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
		<ol style="list-style-type: none"> <li data-bbox="1052 401 1517 770">3. Activities recommended are balance stunts, aquatics, outdoor education, bicycling, bowling, rhythms (of short duration), games which involve throwing, kicking, or batting for accuracy, and which allow short runs with opportunity for rest.</li> <li data-bbox="1052 781 1517 865">4. Avoid highly competitive activities.</li> </ol>

*Orthopedic*—These would involve missing, paralyzed, or malformed arms and/or legs. The specific area involved would determine the limitation.

1. One arm	<ol style="list-style-type: none"> <li data-bbox="546 1045 1028 1087">1. Balance is affected.</li> <li data-bbox="546 1087 1028 1172">2. May have superior strength in remaining arm.</li> <li data-bbox="546 1172 1028 1298">3. Where a partial limb remains, there may be irritation.</li> <li data-bbox="546 1298 1028 1330">4. Emotional involvement.</li> </ol>	<ol style="list-style-type: none"> <li data-bbox="1052 1045 1517 1235">1. If the child has a prothesis (artificial limb), there may be no problem and the child participates in all activities.</li> <li data-bbox="1052 1235 1517 1341">2. If recent loss, give encouragement and chance to succeed.</li> <li data-bbox="1052 1341 1517 1467">3. Encourage development of balance through stunts (gymnastics).</li> <li data-bbox="1052 1467 1517 1721">4. Give extra protection where safe performance demands high degree of balance as in bicycling, aquatics, apparatus (ladders, ropes, etc.), jumping, and landing.</li> <li data-bbox="1052 1721 1517 1964">5. Insure protection of sensitive stump in activities where contact might occur — ball handling activities, dual stunts, pyramids, striking activities.</li> </ol>
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PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
2. Both arms	1. Balance greatly impaired. 2. 3 and 4 above.	6. Help classmates understand and accept the child. 7. Activities which are particularly good are running, dodging, aquatics, rhythms, leg strength stunts, single arm throwing (for distance and accuracy), bowling. 1. If prothesis is present, limitations are decreased. 2. See sections 2 through 6 above. 3. Activities which are particularly good are running, dodging, leg strength stunts, rhythms, balance activities (with protection).
3. One leg	1. Restricted mobility. 2. May have superior strength in remaining leg. 3. Where partial limb remains, there may be some irritation. 4. Emotional involvement. 5. Foot balance affected.	1. If prothesis is present, there may be little limitation. 2. Provide protection as needed (see above). 3. Give group security (see above). 4. Adapt activities to limitations of child by allowing someone else to run for child, placing child in position which requires less speed. 5. Activities which are particularly good are bowling, bicycling, throwing, batting, stunts using arms and shoulders, outdoor education, aquatics, rhythms in which speed of movement is not a factor.

PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
4. Both legs	1. 1,2,3,4,5 above with greater limitations.	1. See sections 1 through 4 above. 2. Activities which are particularly good are bowling, throwing, catching, striking, gymnastic stunts utilizing arms and shoulder strength, aquatics, outdoor education, activities of moderate speed which encourage the development of balance in the standing position.

*Visual*—Partial or total. The degree of vision will determine the limitation.

1. Total loss of vision.	1. Tends to be overweight due to lack of freedom in moving about. 2. Frequent accidents, falls, bruises, abrasions, etc. 3. Balance is affected. 4. No emotional problems unless brought on by attitude of associates.	1. Great need for vigorous activities and diet. 2. Provide protection where needed. 3. Help classmates accept child. 4. In teaching, move body parts manually to give the child the "feel" of the correct way to perform skills. 5. Indicate direction by use of sounds on targets. 6. Activities which are particularly good are track and field, aquatics, outdoor education, bowling, stationary stunts, rhythms, ball-handling activities using balls which emit a signal, strength stunts and skills.
2. Partial loss of vision.	1. Same as 1 through 4 above.	1. Same as above. 2. If glasses are worn, require plastic guards at all times.

PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
		<p>3. Additional activities would include those in which stationary or slow-moving targets are involved or where the game can be adapted to the child's limitation.</p>

*Hearing—(total or partial)*

Hearing total or partial	<ul style="list-style-type: none"> <li>1. Balance is impaired.</li> <li>2. Emotional problems are frequent.</li> <li>3. Child may appear uncooperative or careless.</li> </ul>	<ul style="list-style-type: none"> <li>1. Need activities which develop balance.</li> <li>2. Help classmates understand and accept child.</li> <li>3. Use patience at all times.</li> <li>4. If hearing aid is used, encourage constant use and give protection as needed.</li> <li>5. Give directions when child is facing teacher and in normal head-upright position.</li> <li>6. Use visual aids frequently.</li> <li>7. Give child responsibilities.</li> <li>8. Activities which are good, balance stunts and no limitations in others.</li> </ul>
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*Malnutrition—This may be overweight or underweight. Overweight is far more serious than underweight.*

1. Underweight	<ul style="list-style-type: none"> <li>1. Tires easily.</li> <li>2. May be irritable.</li> <li>3. Susceptible to infections.</li> </ul>	<ul style="list-style-type: none"> <li>1. Seek medical advice on cause of condition.</li> <li>2. Seek home cooperation in attacking cause.</li> <li>3. Secure cooperation of parents in promoting good health habits — rest, diet, play.</li> </ul>
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PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
2. Overweight	<ul style="list-style-type: none"> <li>1. Tires easily.</li> <li>2. Younger children may have happy disposition, but older ones may develop social problems.</li> <li>3. Lacking in speed, agility, and endurance.</li> <li>4. Appears to have strength but cannot use it due to bulk.</li> </ul>	<ul style="list-style-type: none"> <li>1. Medical advice is urgently needed.</li> <li>2. Factor causing overweight must be removed.</li> <li>3. If there is no organic factor involved, weight can be controlled by proper balance between food intake and work output or exercise.</li> <li>4. Help child gain an understanding of how his abilities are limited by his weight.</li> <li>5. Encourage vigorous physical activity at school and at home.</li> </ul>

*Hay Fever and Asthma*

Hay Fever and Asthma	<p>These are treated together because they involve breathing problems.</p>	<ul style="list-style-type: none"> <li>1. Discomfort.</li> <li>2. Difficulty in getting breath.</li> <li>3. Cause may or may not be known.</li> <li>4. Often increased by emotional tensions.</li> </ul>
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PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
(continued)

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
<i>Epilepsy</i>	Types of epilepsy range from a mild twitching to a severe seizure or unconsciousness.	<ol style="list-style-type: none"> <li>1. Read medical report carefully and ask for information relative to severity and frequency of attacks, prescribed medication, and cause.</li> <li>2. Know first aid necessary. Keep victim lying on back, do not restrain movements, put soft object in mouth to protect tongue, keep child quiet after attack.</li> <li>3. Avoid situations which tend to cause attacks.</li> <li>4. Avoid activities which involve climbing and moving apparatus.</li> <li>5. Avoid highly emotional or competitive situations.</li> <li>6. Except as indicated in 4,5,7, the normal activities can be performed.</li> </ol>
<i>Diabetes</i>	<ol style="list-style-type: none"> <li>1. Frequent mental and physical fatigue.</li> <li>2. Frequent weight changes.</li> <li>3. Nervous.</li> <li>4. Subject to infections.</li> <li>5. Insulin shock and coma may occur.</li> <li>6. Needs exercise to help reduce insulin need.</li> </ol>	<ol style="list-style-type: none"> <li>1. Know the medical facts of the case.</li> <li>2. Get cooperation of parents in promoting good health habits: rest, diet, medication, play.</li> <li>3. Avoid highly competitive activities.</li> <li>4. Protect child from injuries to avoid infections.</li> </ol>

**PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION**  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
		5. Normal activities are good if the point of marked fatigue is avoided.

*Posture*—This may be organic (malformed bones) or it may be functional (habit-caused).

1. Organic	1. From no involvement to pain and disfigurement.	1. Medical advice is necessary. 2. Follow prescribed exercises with extreme care. 3. Avoid activities which aggravate or increase deviation.
2. Functional	1. Same as above. 2. Low endurance of specific muscles involved. 3. May affect flexibility.	1. Have medical classification as functional. 2. Request medically prescribed corrective exercises and follow them carefully. 3. Use activities which stretch shortened muscles and which strengthen stretched or elongated muscles. Strive for a balance in the length and strength of paired muscles. 4. Emphasize the relationship of proper body position (posture) to physical performance.

*Low Physical Ability*

Low Physical Ability	At every grade level there are children who seem to have lower ability to perform physical skills than the normal. These children may be innately endowed with less physical ability or may have had less opportunity than others.	1. Teach skills which should have been learned at a younger age. 2. Give much encouragement and praise. 3. If a child is not strong but is flexible, encourage him to
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PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
	<p>Since it is difficult, if not impossible, to know the cause, the teacher must try to help the child improve.</p>	<p>use his flexibility; if he is not fast but is strong, encourage him to excel in strength activities.</p>

4. In team activities place the child in positions which utilize his best skills and which infrequently use his weak skills.
5. Teach child his limitations and strengths and how to select recreational activities in the light of this knowledge.
6. A child with strength in his legs but little in his arms and little speed would be successful in jumping events, stunts which require leg strength, aquatics, kicking for distance, and rhythms.

*Low Mental Ability*

Low Mental Ability	<p>Mental ability as physical ability differs with children. The child whose mind will not retain long lists of rules or directions, or whose mind cannot work fast, will have difficulty in physical education.</p>	<ol style="list-style-type: none"> <li data-bbox="1127 1410 1600 1453">1. Keep rules to a minimum.</li> <li data-bbox="1127 1453 1600 1537">2. Give directions slowly and repeat them.</li> <li data-bbox="1127 1537 1600 1622">3. Teach small units in a progressive manner.</li> <li data-bbox="1127 1622 1600 1664">4. Review frequently.</li> <li data-bbox="1127 1664 1600 1790">5. Place child in positions which allow time for deciding what to do.</li> <li data-bbox="1127 1790 1600 1833">6. Avoid tense situations.</li> <li data-bbox="1127 1833 1600 1964">7. Such children will have more success in individual and dual activities such as field events,</li> </ol>
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**PLANNING FOR THE HANDICAPPED STUDENT IN PHYSICAL EDUCATION**  
*(continued)*

Exceptional Condition	Factors With Implications for Physical Education	Guides for Planning Physical Education
		social (couple) dance, bowling, aquatics, outdoor education, bicycling, small group games, and games with few rules.

## INDIANA SPECIAL OLYMPICS

### Purpose

The Indiana Special Olympics is a program of sports training and athletic competition for mentally handicapped children and adults. The purpose is to assist the physical development of the retarded, as well as their social and psychological development through positive successful experiences in sport.

The major thrust of special olympics is at the local community level. Great effort is needed to influence schools to provide better physical education programs for the mentally retarded and to persuade communities to open their facilities.

### Members

Eligible participants are those individuals who, on the basis of local assessment and evaluation, have been assigned to programs designed to meet the needs of the mentally handicapped.

Local associations of retarded citizens.

Public schools special education classes.

State hospitals for the mentally handicapped.

## INDIANA SPECIAL OLYMPICS

SPORT	Boys	Girls	Regional Meet	State Meet
Swimming	X	#	X#	X#
Track Events	X	#	X#	X#
Field Events	X	#	X#	X#
Basketball	X	#	X#	X#
Bowling	X	#	X#	X#
Gymnastics	X	#	X#	X#
Floor Hockey	X	#	X#	X#
Run, Dribble	X	#	X#	X#
Shoot Contest				

In addition to the sport events, an art contest is included in the program as another opportunity for the retarded to display their talents.

## UNITED CEREBRAL PALSY BOWLING TOURNAMENT

*Purpose*      The bowling tournament provides the opportunity for the physically handicapped to participate in a leisure-time activity. The purpose is to assist the social and psychological development of the physically handicapped through a positive recreational experience.

An organized effort is needed to influence schools to provide better physical education programs for the physically handicapped and to persuade communities to open their facilities.

*Members*      Eligible participants are those individuals who have been assigned to programs designed to meet the needs of the physically or the multiply handicapped.

Local association of retarded citizens.

Public schools special education classes.

State hospitals.

Rehabilitation centers.

## PERCEPTUAL MOTOR PROGRAMS

### *Goals*

- To provide experiences which follow a sequential pattern of motor and perceptual development which will lead to the conceptual and abstractual stages.
- To provide for the development of fundamental skills in the bilateral, unilateral and cross pattern development stages.

SPECIFIC OBJECTIVES

DEMONSTRATE LOCOMOTOR PATTERNS

LISTEN ATTENTIVELY TO DIRECTIONS

DEVELOP A POSTURE WHICH  
WILL ALLOW HIM TO STAND  
AND MOVE WITH GOOD  
BODY MECHANICS

FOLLOW DIRECTIONS GIVEN IN A  
VARIETY OF WAYS

BE ABLE TO IDENTIFY PARTS  
OF THE BODY

THE  
CHILD  
SHOULD

DEVELOP A KNOWLEDGE OF SUCH  
PATTERNS AS REACH, GRASP,  
RELEASE, AND PROPULSION

DEMONSTRATE ABILITY, FLEXIBILITY  
AND STRENGTH

LEARN TO MOVE HIS BODY  
BI-LATERALLY, UNILATERALLY,  
AND CROSS LATERALLY OR  
IN COMBINATIONS

DEVELOP A SENSE OF  
DIRECTIONALITY

DEMONSTRATE BOTH STATIC AND  
DYNAMIC BALANCE

What are some representative learning stations and activities?

<i>Station</i>	<i>Activity</i>
Body awareness	Imitate movement of body parts. Put body puzzle together.
Chalkboard	Make circles following directionality instructions.
Eye-hand co-ordination	Throw, catch, dribble, bounce, etc. a ball.
Stepping stones	Step, hop, jump to different squares on the floor. Perform a variety of balance beam activities.

How does perceptual motor training assist in the over-all functioning of the elementary child?

Motor abilities of the child are improved while ancillary components of the task (i.e., increased attention span) may transfer positively to academic learning. Caution should be exerted, however, in attributing causal relationships between perceptual motor training and performance in academic disciplines i.e., reading.

What research needs to be conducted?

Studies that focus on the relationship of a specific training device and subsequent student changes as well as the usefulness of a specific training device in relation to individual student variables.

Perceptual-motor learning is an area that has developed within a relatively short span of time as well as an area that must be studied more thoroughly. Many questions, as the investigators of these studies have pointed out, are still unanswered in the perceptual-motor learning area.

#### Perceptual-Motor Programs—ASSESSMENT INSTRUMENTS<sup>1</sup>

Robert E. McAdam

Name of Instrument	General Description	Age Level	No. of items	Need of Equipment	Administrative Ease	Source of Instrument
Dayton Sensory	15 simple items include body	4-5 years	15 Simple items	Special board, 8-ft.	Classroom teacher may	William Braley,

<sup>1</sup>Adapted from Perceptual-motor assessment instruments, in *Foundations & Practices in Perceptual Motor Learning—A Quest for Understanding*, pp. 45-54.

**Perceptual-Motor Programs—ASSESSMENT INSTRUMENTS**  
*(continued)*

Name of Instrument	General Description	Age Level	No. of Items	Need of Equipment	Administrative Ease	Source of Instrument
Motor Awareness Survey	image, space, direction, rhythm, balance, and various kinds of coordination and form perception.			line, news-paper, watch, table, stick.	learn to administer. Individually administered—approximately 12 min. per student.	Dayton Public Schools 348 West 1st Dayton, Ohio
Denver Developmental Screening	In 4 categories (gross motor, fine motor, language, and personal-social), child is tested on a number of specifics. The percent of children passing or failing each item for a given age span is indicated.	1 mo. thru 6 yrs.	Multi-item in 4 basic categories.	Special equipment for many items.	Specialist should administer. Individually administered—approximately 30 minutes.	Joseph Dodds, University of Denver Child Study Center Denver, Colorado
Developmental Profile (Doman Delacato)	Observations on 6 categories of brain function in 7 stages given a "neuro-	Birth - 96 months	3 receptive 3 expressive	Very little equipment needed.	Specialist (nonteacher)	Jerome Hellmuth, Learning Disabilities, Vol. 2 Seattle, Washington: Special Child

**Perceptual-Motor Programs—ASSESSMENT INSTRUMENTS**

*(continued)*

Name of Instrument	General Description	Age Level	No. of Items	Need of Equipment	Administrative Ease	Source of Instrument
	logical age."					Publications, 1966.
Frostig Developmental Test of Visual Perception	Tests for independent development of 5 visual perceptual abilities and suggests relative need for visual training.	3½-7½ years	5 visual perceptual abilities	Very little equipment needed.	Teacher may administer test. Individually administered.	M. Forstig & D. Horne, <i>The Frostig Program for Development of Visual Perception.</i> Chicago, Illinois: Follett Publishing Co., 1964.
Minnetonka Physical Performance Readiness Test	Hand-eye coordination, balance, agility, accuracy of body placement; forward, sideward and backward.	5-7 years	5 items	Watch, small balls, buckets, marked areas on floor.	Classroom teacher may administer. Best in groups of 3 or 4 students. Approximately 5 min. per person.	Harold Melby, Groveland Schools 3325 Groveland School Rd. Minnetonka, Minn.
Perceptual Motor Rating Scale	Tasks designed to permit observation of child by teacher in relatively short time. Through the test preliminary selection of	6-9 years	11 items	Very little needed. Balance beam and blackboard.	Classroom or special teacher may administer. Individually administered.	Newell C. Kephart, <i>The Slow Learner in the Classroom,</i> Columbus, Ohio: Charles E. Merrill Books, 1956.

**Perceptual-Motor Programs—ASSESSMENT INSTRUMENTS**  
*(continued)*

Name of Instrument	General Description	Age Level	No. of Items	Need of Equipment	Administrative Ease	Source of Instrument
training methods can be indicated.						
Pontiac Kindergarten Perceptual Motor Screening Test	6 items consisting of balance, strength, jumping, skipping, and refined muscle co-ordination.	4-6 years	6 simple items	Balance beam (8 ft. x 4 in.) mat, pillow.	Classroom teacher may administer. Individually administered—approximately 5 min. per pupil.	Lee Haslinger, Pontiac School District 350 Wide Track Dr. East Pontiac, Mich.
Project Genesis Perceptual Motor Screening	Judgment on quality of general performance.	5-7 years	28 simple items	Ball, target.	Approximately 15 min.	Dorothy Jens, Lakeview Public Schools 25901 Jefferson Street St. Clair Shores, Mich.

**SAMPLE PROGRAM — EMOTIONALLY DISTURBED,  
 LEARNING DISABILITY, BRAIN INJURED**

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**General Objective:** Develop body awareness.

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**Performance Objective:** Student should be able to—  
 demonstrate the ability to identify various parts of his body.

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**Instructional Strategy:** Teacher should—  
 encourage each child to say his/her own name and clap its rhythm.  
 encourage the children to find different ways of expressing/keeping the rhythm.

encourage one of the children to suggest a part of the body on which to tap his name, and have all children say his name aloud and tap that particular body part.

### SAMPLE PROGRAM — EMOTIONALLY DISTURBED

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General Objective: Develop the ability to recognize and make spatial relationships in a gymnasium.

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Performance Objective: Student should be able to—

- demonstrate the ability to recognize shapes and colors.
  - demonstrate the ability to manipulate his body.
- 

**Instructional**

Strategy:      Teacher should —

- ask the children to stand on a curved line.
- ask the children to lie down on a straight line.
- ask the children to sit on a red line.
- ask the children to place one foot on a line of one color and place the other foot on another color.
- ask the children to support their bodies without using their hands and feet.

### SAMPLE PROGRAM — LEARNING DISABILITY

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General Objective: Develop the visual modality in the area of symbolization and pre-reading skills.

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Performance Objective: Student should be able to—

- demonstrate the ability to focus his attention upon visual clues.
- 

**Instructional**

Strategy:      Teacher should —

emphasize no sound clues will be given and tell them to move only on a color-coded "GO" signal and to stop immediately when the color-coded "STOP" signal is given.

The signals may be made on note cards. The fast changing of the cards will add excitement and will hold their attention.

# **elective program**



- **Quality factors**
- **Performance objectives**
- **Optional activities**

## Elective Physical Education Courses Performance Objectives

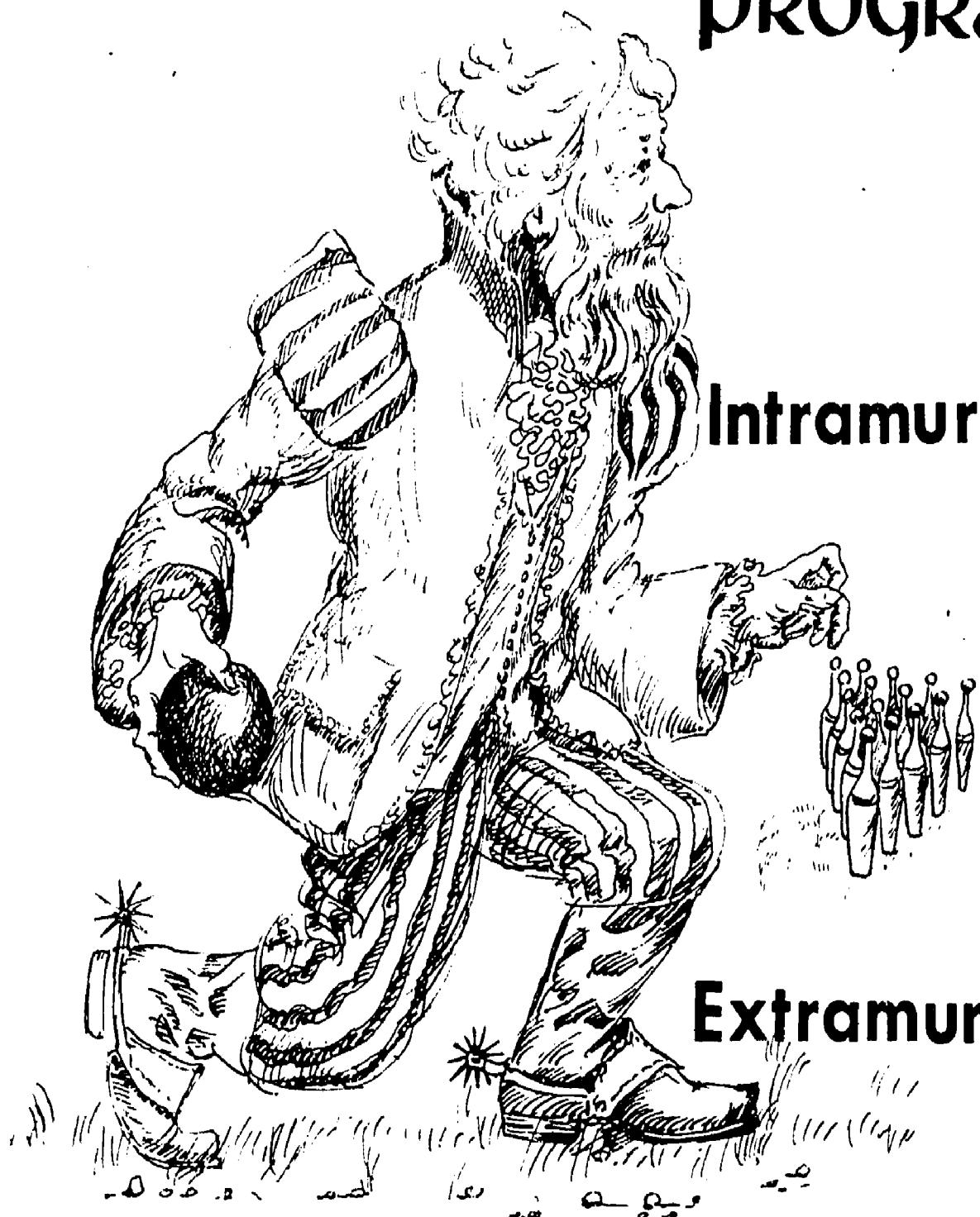
A student should be able to:

- Demonstrate an understanding for a vigorous conditioning program which leads to a high level of physical fitness and prevents personal injury.
- Specialize in chosen team or individual sports and develop a proficiency in these activities.
- Apply motor skills pertaining to team and/or individual sports and delve more deeply into game strategies.
- Demonstrate competencies in playing specified positions on teams. Participate in a body building program geared to individual differences and needs.
- Demonstrate an appreciation of his/her performance of basic skills. Exhibit sportsmanlike attitudes, teamwork, cooperation and leadership qualities.
- Maintain safety awareness.
- Demonstrate an understanding of or an appreciation for the need for desirable health practices including cleanliness, sleep and rest.

### *Optional Student Activities*

- Outdoor camping
- Teacher assistant at elementary level
- Organization of a community recreation program
- American National Red Cross first aid training
- Recreational sports
- Teacher assistant in special education classes
- Bicycling
- Riflery
- Lifetime sports
- Conduct and perform in a track and field meet
- Conduct and perform in a gymnastic meet
- Conduct and perform in a swimming meet
- Arrange and perform in a dance production
- Arrange and perform in a swimming production

# **supplemental program**



**Interscholastic**

**School & Community**

## WHY ? ? ? ? ? ? ? ?

The intramural sports program is generally accepted as the best title for recreational sports and activities promoted within the jurisdiction of the school. The program is an outgrowth of the total physical education program where the sport fundamentals have been taught in the instructional phase. It is designed to provide opportunities for the application of learned skills to the actual game situations. The opportunity for student leadership through responsibilities in management of the activities can be provided. In addition, this program can provide the opportunity to have fun and improve school morale.

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## NOON HOUR PROGRAM

This time period offers great possibilities for program development. The rural-consolidated schools have their student body almost entirely during this period. Well planned and organized activities at noontime may eliminate the usual disciplinary problems because substituting something to do uses up surplus energy and provides added opportunities to maintain fitness.

It should be emphasized that noon-hour athletics and recreation is not a new idea, but in most schools throughout the nation the period is still unused and undeveloped. It would seem that a well planned program is not the unique opportunity of the large school, but is perhaps even more workable in the smaller unit. Better organized programs gradually utilize a maximum of student leadership with a minimum of faculty supervision, using a rotating schedule of responsibility. Reports everywhere indicate that the program is a powerful influence in school morale and discipline, affording the student body an opportunity for participation in a wide range of activities to meet individual interests. There is no question about its success in substituting worthwhile pursuits for the many questionable uses of the luncheon period.

## CO-RECREATIONAL PROGRAM

One of the most important considerations in the organization of a co-recreational program is the method of approach. Students and faculty alike must endorse its possibilities and be prepared for its administration. The calendar must be a product of student desire and expressed interests. It should be planned without conflicting with other social, athletic and academic activities. In schools of small enrollment, where one individual

assumes most of the leadership responsibility, students could be organized into advisory committees. In larger schools the director of men's physical education must be in harmony with the director for women. This must be a joint enterprise to be successful. Enthusiastic leadership is a prerequisite at the outset.

Dressing rooms must be so arranged that both sexes can be accommodated at the same time.

### SUGGESTED ACTIVITIES

All activities suggested have been used successfully by schools of all types. The same activities taught in the instructional program may be included. The annual calendar of events should be well publicized in each school.

#### Composite List of Suggested Sports and Activities

##### Games and Activities for Grades 4-5-6

Bat ball	Jacks	Prisoner's base
Bicycling	Jump the shot	Relays and stunts
Bombardment	Kickball	Roller skating
Club snatch	Kite flying	Scooter contests
Dodge Ball	Marble tourneys	Softball
Free throws	Model aircraft	Spot shooting
Hiking	Paddle tennis	Track and field

##### Middle and Senior High Schools

Fall	Winter	Spring
Archery	Badminton	Archery
Baseball	Bowling	Bait and fly casting
Soccer	Dart baseball	Softball
Bicycling	Gymnastics	Chess
Horseshoes	Handball	Croquet
Deck tennis	Ice hockey/skating	Dart games
Flag football	Indoor track	Track and field
Riflery	Table tennis	Paddle tennis
Golf	Water basketball	Shuffleboard
Hiking	Roller skating	Orienteering
Horseback riding	Volleyball	

## QUALITY FACTORS IN PLANNING INTRAMURAL AND EXTRAMURAL PROGRAMS

- Provides opportunities for all students.
- Administered by an individual competent in the specific skill area being offered.
- Provides equal opportunities for both boys and girls under school jurisdiction.
- Allows for student leadership opportunities.
- Utilizes adequate facilities in relationship to the financial status of the school.

### WHY? ? ? ? ? ?

The extramural program is designed for the students who do not participate in the regular interscholastic sports program. Two or more schools make arrangements to match their intramural champions in an informal and recreational series of contests. The extramural idea is not new and unique, but its expansion has been very slow, and it remains untried in many schools. Extramurals are a variation on the girls' play day idea started several years ago.

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Extramural athletics offers a splendid medium for the greater expansion of competitive values to large sections of the student body not usually proficient enough to make the varsity teams. It also permits inclusion of many sports and activities not usually found in the varsity program. It is most practical where schools are situated close together and travel is at a minimum. Perhaps only one or two extramural meets per year should be featured on the program.

### SUGGESTED ACTIVITIES

The following activities are outlined as a tentative guide for selection and all lend themselves to the middle or senior high school programs.

#### Outdoor Extramural Sports

Archery	Ice hockey	Softball
Bait and fly casting	Ice skating races	Speedball
Horseshoes	Soccer	Tennis

## Indoor Extramural Sports and Activities

Badminton	Checkers	Riflery
Basketball	Chess	Shuffleboard
Basketball golf	Cribbage	Table tennis
Billiards	Dart bowling	Volleyball
Bowling	Handball	Water basketball
Bridge	Paddle tennis	Water polo

## METHODS OF PROMOTION

Several approaches can be used to promote interest in the intramural and extramural programs. Employed wisely and constantly, they make these programs an integral part of the total physical education program.

Activities Handbook	School Newspaper
Announcement Bulletins	Awards System
Message Board	Class Tournaments

## SUGGESTED COMPONENTS OF AN ACTIVITIES HANDBOOK

Attractive cover	Organization of the program
Activities and program	Objectives of intramurals
Awards	Postponements
Bulletin board	Point system and scoring
Champions of all years	All-time records
Calendar of events	Recreational services
Equipment and facilities	Equipment for picnics and parties
Fees, forfeits, protests	Co-recreational program
Greetings from school officials	Swimming permits, foot hygiene
First aid and injury information	Locker and towel regulations
Units of competition	Staff and administration
Independent organizations	Action photographs
Instruction in activities	General information
League play-off regulations	Entry instructions
Sports rules and regulations	Practice possibilities
Officials, managers	Health examinations
Participation statistics	Rules of various sports, if desired
Special features	

## WHY? ? ? ?

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The Interscholastic Athletic Program should be considered an integral part of the total school curriculum. Interscholastic Athletics is the term used for the program designed for the gifted in physical performance. This program is a phase of the complete Physical Education Curriculum. It can make valuable and unique contributions to the aims and purposes of the entire school system. In the variety of situations that arise during strenuous practice sessions and contests, participants must repeatedly react to their own capabilities and limitations and to the behavior of others. These repeated reactions inevitably result in changes. Through this program, the individual must make decisions under duress and accept responsibility for the consequences--something that is difficult to teach in the classroom.

### GENERAL PURPOSES OF INTERSCHOLASTIC PROGRAMS

- Opportunity for improvement in playing skills.
- Opportunity for development of physical vigor.
- Opportunity to expand and make real friendship with team members.
- Opportunity to travel and compete in other communities.
- Opportunity to display good sportsmanship.
- Opportunity to learn that violation of a rule of the game brings a penalty.

### QUALITY FACTORS IN INTERSCHOLASTIC PROGRAMS

- Provides opportunities for students who have exceptional skill in a sport area.
- Requires coaches to be members of the faculty.
- Administered by a physical education person.
- Provides for both the girls' and boys' program under school jurisdiction.
- Provides equal financial support for the girls' and boys' programs.
- Requires medical examinations prior to participation.
- Allows for student leadership opportunities.
- Utilizes adequate facilities in relationship to the financial status of the school.

### INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION

#### Purpose

The purpose of the Association shall be to encourage, regulate and give direction to wholesome amateur interschool athletic competition between the schools who are members of the Association. All such interschool athletic competition coming under regulation by this Association shall be subservient to and complementary to the academic or curricular functions of the member schools which are their primary pur-

poses. To assure that the program of interschool athletic competition remains steadfast to the principles of wholesome amateur athletics and subservient to its primary academic or curricular functions of education of the member schools, the Association shall cooperate with agencies vitally concerned with the health and educational welfare of secondary school students; furnish protection against exploitation of member schools or their students; determine qualifications of individual contestants, coaches and officials; and provide written communications to establish standards for eligibility, competition and sportsmanship.

#### *Membership*

Any secondary school in the state may become a member of this Association by meeting the requirements. All memberships are voluntary. A school to be eligible for membership must be accredited by the State Department of Public Instruction.

### INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION PROGRAM

Activity	Boys	Girls	Sectional	Regional	Semi-State	State
Baseball	x		x	x	x	x
Basketball	x	#	x#	x#	x#	x#
Cross Country	x		x	x		x
Football	x				x	x
Golf	x	#	x#	x		x#
Gymnastics	x	#	x#	#		x#
Swimming	x	#	x#			x#
Tennis	x	#	x#	x#		x#
Track & Field	x	#	x#	x#		x#
Volleyball		#	#	#		#
Wrestling	x		x	x		x

### WHY? ? ? ? ?

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Comprehensive Community School programs provide a vehicle for making schools the center of educational, recreational, cultural and social programs and services designed to meet the interest and needs of most community members. When carefully developed and implemented they stimulate community involvement and provide for maximum utilization of facilities and resources.

Physical education programs open to the community encourage regular adult participation in physical activities that ordinarily might not be

available to them. As a spin-off effect the programs can create a closer dialogue between the public and the physical education department, thus allowing educators to be in a better position to maintain their credibility within the community.

### QUALITY FACTORS IN A COMMUNITY EDUCATION PROGRAM

- Provides for maximum use of educational facilities as well as other community facilities.
- Makes available activities for adults similar to those offered to children and youth.
- Supplement programs for children and youth.
- Involves co-ordination of community resources.
- Involves community members in decision-making and problem-solving activities.
- Relates program to the range of community needs and interests.

### COMMUNITY EDUCATION INFORMATION GUIDE

Do you have?

#### Co-ordination and Staffing

- Agency Support
  - Public (park and recreation departments, school district, etc.)
  - Private (apartment complexes, athletic clubs, country clubs, etc.)
  - Voluntary (boys' and girls' clubs, scouts, YWCA, etc.)
  - Commercial (skating rinks, bowling alleys, etc.)
  - Community (centers, councils, etc.)
- Community Participation (Council, Advisory Group, etc.)
- Staff
  - Director
  - Instructors
  - Aides
  - Other Volunteers

#### Facilities

- Indoor
  - Assembly Areas
  - Swimming Pools
  - Courts
  - Gymnasium
  - Ranges
  - Rinks
  - Special Purpose Areas
  - Others

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YES	NO

YES	NO

- Outdoor
  - Assembly Area
  - Playground
  - Sports Fields
  - Tracks
  - Trails
  - Others

Financial Support

- School District
- Agencies
- Other

Can you identify?

Community Data

- Activity Interests

Range of activities preferred. \_\_\_\_\_

Time of day preferred. \_\_\_\_\_

Day of week preferred. \_\_\_\_\_

Frequency of participation expected. \_\_\_\_\_

- Participant Information

Age range \_\_\_\_\_

Sex \_\_\_\_\_

Level of educational attainment \_\_\_\_\_

Ethnic background \_\_\_\_\_

Willingness to pay \_\_\_\_\_



## appendix:

### **General References Evaluation Forms**

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## EVALUATION FORM

Please be frank and constructive in completing this evaluation. Return a copy of this form at the end of each semester (or more often if you wish) to:

Indiana State Board of Health  
1330 West Michigan Street  
Indianapolis, IN 46206

Indiana State Dept. of Public Instruction  
Division of Curriculum  
120 W. Market Street—10th Floor  
Indianapolis, IN 46204

1. Clear and concise presentation of concepts and content for the teacher.
2. Format easily followed.
3. Movement performance objectives suitable in terms of student age and abilities.
4. Activities commensurate with performance objectives.
5. Interdiscipline approach to activities realistic and effective.
6. References useful.
7. Are more activities needed? \_\_\_\_\_ Yes \_\_\_\_\_ No. If yes, in what area? \_\_\_\_\_

Good	Acceptable	Improvement
_____	_____	_____
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8. Please list any activities you feel should be excluded. \_\_\_\_\_
9. Please list areas that should be expanded or additional areas that should be included. \_\_\_\_\_
10. How do you feel this publication is best used? \_\_\_\_\_
11. How do you plan to use this publication in the future? \_\_\_\_\_  
Daily \_\_\_\_\_ Monthly \_\_\_\_\_ Only occasionally \_\_\_\_\_ Not at all \_\_\_\_\_  
Other (Specify) \_\_\_\_\_

Name \_\_\_\_\_  
School \_\_\_\_\_  
Address \_\_\_\_\_  
Date \_\_\_\_\_